

School Meals

DID YOU KNOW?

The Healthy, Hunger-Free Kids Act of 2010 required the US Department of Agriculture (USDA) to update federal nutrition standards for school meals. Schools participating in the National School Lunch and School Breakfast Programs must meet the following standards. Note: Due to the pandemic, states can provide specific, targeted flexibility to schools facing challenges in meeting these requirements through School Year 2021/22.

More fruits and vegetables: Since 2012, schools offer students larger portions of fruits and vegetables with every lunch. Vegetable choices must include weekly offerings of legumes, dark green and red/orange vegetables.

Every school breakfast must offer students a full cup of fruits or vegetables. Students are required to take at least one half-cup serving of fruits or vegetables with every school breakfast and lunch.

Whole grains: All grains offered with school meals must be whole grain-rich (at least 51% whole grain).

Calorie limits: School meals must meet age-appropriate calorie minimums and maximums:

Grades

K-5 Breakfast 350-500 calories
Lunch 600-700 calories

6-8 Breakfast 400-550 calories
Lunch 600-700 calories

9-12 Breakfast 450-600 calories
Lunch 750-850 calories