

Providing Nutrition that Powers Learning

From USDA to the Tray - What Nutrition Guidelines Mean for Menus

PreK - 5th Grade

DAILY MEAL TARGETS

350-500

Breakfast Calories

Average across the school week, not a limit for every meal

550-650

Lunch Calories

Average across the school week, not a limit for every meal

SUGAR - What Changes in 2026-2027

- Cereal ≤ 6 g added sugar per dry oz
- Yogurt ≤ 12g added sugar per 6oz
- Flavored Milk ≤ 10g added sugar per 8 fluid oz

The weekly ≤10% added-sugar limit begins July 1, 2027.

SODIUM - 2026-2027 Limits

Breakfast

≤540 mg school week average

Lunch

≤1,110 mg school week average

WHAT IS OFFERED TO STUDENTS?

Breakfast

- Fruit: 1 cup daily
- Milk: 1 cup daily
- Grains/Meat Alternate: weekly range

Breakfast Grains/MA: 7-10oz eq/week

Lunch Grains: 6 oz eq/week

Lunch Meat/Meat Alt: 8-10oz eq/week

Lunch

- Fruit: ½ cup daily
- Vegetables: ¾ cup daily
- Milk: 1 cup every day
- Meat/Meat Alternate: daily + weekly range
- Grains: daily + weekly range

Saturated Fat <10% of total calories • Trans fat: 0g per serving

GRAINS

At least 80% of grains offered must be whole-grain rich.

MILK

- 1 cup of milk offered
- Unflavored milk must always be available
- Schools must offer at least 2 milk choices

VEGETABLES AT LUNCH

- Dark Green ½ cup
- Red/Orange ¾ cup
- Beans - Peas - Lentils ½ cup
- Starchy ½ cup
- Other ½ cup

offered each week

6th - 8th Grade

DAILY MEAL TARGETS

400-550

Breakfast Calories

Average across the school week, not a limit for every meal

600-700

Lunch Calories

Average across the school week, not a limit for every meal

SUGAR - What Changes in 2026-2027

- Cereal ≤ 6 g added sugar per dry oz
- Yogurt ≤ 12g added sugar per 6oz
- Flavored Milk ≤ 10g added sugar per 8 fluid oz

The weekly ≤10% added-sugar limit begins July 1, 2027.

SODIUM - 2026-2027 Limits

Breakfast

<600 mg school week average

Lunch

<1,225 mg school week average

WHAT IS OFFERED TO STUDENTS?

Breakfast

- Fruit: 1 cup daily
- Milk: 1 cup daily
- Grains/Meat Alternate: weekly range

Breakfast Grains/MA: 8-10oz eq/week

Lunch Grains: 8 oz eq/week

Lunch Meat/Meat Alt: 9-10oz eq/week

Lunch

- Fruit: ½ cup daily
- Vegetables: ¾ cup daily
- Milk: 1 cup daily
- Meat/Meat Alternate: daily + weekly range
- Grains: daily + weekly range

Saturated Fat <10% of total calories • Trans fat: 0g per serving

GRAINS

At least 80% of grains offered must be whole-grain rich.

MILK

- 1 cup of milk offered
- Unflavored milk must always be available
- Schools must offer at least 2 milk choices

VEGETABLES AT LUNCH

- Dark Green ½ cup
- Red/Orange ¾ cup
- Beans - Peas - Lentils ½ cup
- Starchy ½ cup
- Other ½ cup

offered each week