

TOP THINGS TO KNOW ABOUT SCHOOL MEALS

School nutrition professionals continue to make school meals the healthiest meals children eat in a day! Nutritious school meals are an investment in our children's futures, and we all share the common goal of helping them reach their full potential.



1. USDA STANDARDS

USDA establishes school nutrition standards to improve children's health and builds on the extraordinary progress that school nutrition professionals have made to strengthen child nutrition programs over decades.



2. STANDARDS EVOLVE

The standards are updated to reflect the latest research and guidance on what kids need to do their best.



UPDATE

3. SCHOOLS IMPLEMENT STANDARDS

The latest changes reduce added sugars and sodium, and continue to promote a variety of whole grains, fruits, vegetables, and protein foods.



4. INCREASED FLEXIBILITY

USDA supports schools in creating new recipes and menus to meet cultural preferences, vegetarian choices, and personal tastes.



5. HEALTHIER KIDS!

Together, we are building good eating habits, growing stronger kids, and setting the table for a bright future!