

Simple Facts About School Meals

Exciting Changes For School Lunch and Breakfast Programs

Students and parents will see a difference in school meals this year. In accordance with the latest dietary recommendations, the National School Lunch and Breakfast Programs have had a facelift.

It is exciting to see such positive changes in the foods our youth will eat this year! Although implementing the new criteria is challenging, school nutrition programs across the nation are embracing the change. They are constantly seeking new and innovative ways to make school meals attractive to students.

What's Improved About School Meals This Year?

- More whole grain choices
- Daily choices of fresh fruits and vegetables
- Larger portions of fruits and vegetables
- More dark green and red/orange vegetables
- More beans/peas (legumes)
- Only 1% low-fat milk, fat-free milk, or flavored fat-free milk
- Specified portions for age groups: K–5, 6–8, and 9–12
- Fewer grains, but more whole grains
- Fewer desserts
- Fewer trans fats

Will More Changes Be Coming?

The 2012–2013 changes are just the beginning of a complete transformation of school meals. New breakfast guidelines will be in place in the school year 2013-2014. In 2014-2015, new sodium specifications will begin, with final targets reached by 2022–2023.



Educational Opportunity:

With these changes comes an opportunity to teach kids what a healthy plate should look like and establish life-long healthy eating patterns.

How Can I Support School Wellness?

- Make time to enjoy a school breakfast or lunch with your child and see the new and improved school meals for yourself!
- Ask your child if they're noticing the school meal improvements, and explain to them why the changes are being made.
- Be a healthy role model—serving healthy foods at home promotes consuming healthy foods at school.
- Join a school wellness council. Support the positive changes in school meals and advocate for increased opportunities for physical activity.