



Child Nutrition Program

National School Breakfast & Lunch Program Guidelines

Establishing good eating habits by offering nutritious meals to children during the school day



www.squaremeals.org

USDA Food and Nutrition Service

Whole Grains

Schools may continue to offer a variety of nutrient-rich whole grains with options for some enriched grains (no changes in standard)

FINAL RULE FOR SCHOOL MEAL STANDARDS

Added Sugars

Limit using a phased approach:

- Phase 1: Limits on specific high-sugar products (cereals, yogurt, flavored milk)
- Phase 2 : Overall weekly limits

Updated School Meal Standards: working towards a common goal of healthy children and helping them reach their full potential.

This institution is an equal opportunity provider.

USDA Food and Nutrition Service

Milk

Continue to allow fat free flavored and low fat unflavored milk (no changes in standard) with new limits on added sugars



Sodium



Gradually phase in one reduction of weekly limit

- **New Sodium Target Level 1A:**
Effective July 1, 2023
 - K-5 < 1,110 mg
 - 6-8 < 1,225 mg
 - 9-12 < 1,280 mg
- **Old Sodium Target Level 1:**
 - K-5 < 1,230 mg
 - 6-8 < 1,360 mg
 - 9-12 < 1,420 mg

All Foods Sold in Schools

Smart Snack Objectives

- Establish guidelines that limit calories and specific nutrients in food and beverages
- Ensure food and beverages offer nutritional benefits
- Set appropriate standards for individual age / grade group
- Create flexibility for local and state oversight

Food and Beverage Nutrition Standards

- Calories, sugar, fat, and salt limit in all schools
- Water, low-fat or fat free milk, and 100% fruit or vegetable juice allowed in all schools
- Low calorie beverage allowances for high schools
- Caffeine allowances for high school

Adult Pricing

Price of Adult Meals The charge for adult meals must, at a minimum, be greater than the amount of total reimbursement received for a free meal plus any other supplemental payments received by the District plus per-meal value of USDA Foods (Commodities) used for the meal service.

The meal price for adult visitors may be higher than the price paid by adult Child Nutrition employees at the discretion of Child Nutrition officials.

Method 2 Lunch	
Federal Funds/Reimbursement Rate	Amount CE Receives
Free Reimbursement Rate	\$4.43
Performance-Based Rate	
Severe Need Lunch Rate	\$0.09
USDA Foods Rate	\$0.45
Total Federal Funds Received	\$4.97
Minimum Adult Charge	\$4.97



Questions or Comments?

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