



FINAL RULE FOR SCHOOL MEAL STANDARDS

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

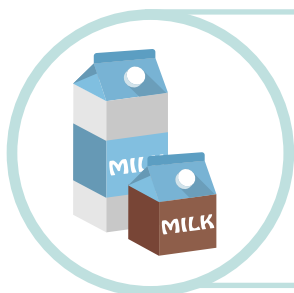
School meals are the main source of nutrition for millions of children every school day. USDA is ensuring these meals are even more nourishing, while keeping them appealing to kids.

Key Provisions



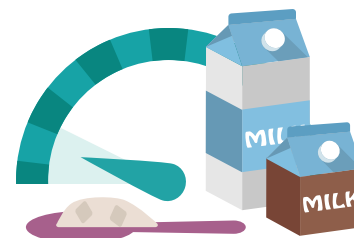
Whole Grains

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



Milk

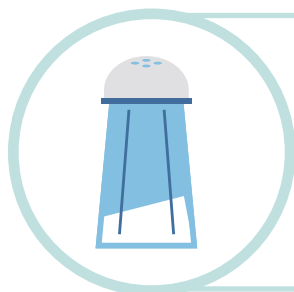
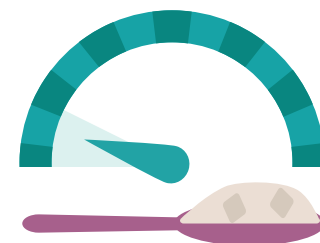
Continue to allow flavored and unflavored milk (no changes in standard) with new limits on added sugars



Added Sugars

Limit using a phased approach:

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



Sodium

Gradually phase in one reduction of weekly limit

