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