

The Healthy Hunger-Free Kids Act 2010 New Guidelines for School Meals



The Healthy Hunger-Free Kids Act created the largest number of changes for School Meal Programs since its inception in 1946.

How will this change your children's school meals:

Menus will look similar but, the ingredients may be different

- Greater Variety of Fruits & Vegetables and larger portions:
- Fruits or Vegetables are no longer optional they **MUST** be taken as part of the meal
- Whole Grains Emphasized: Breads & Grains must be at least 51% whole grain: portions are now limited by the week
- Meat or Meat Alternate: Portions are now limited by the week
 - Only Flavored Skim Milk or Low Fat White Milk offered
 - No Trans Fat
 - Gradual Reduction on Sodium
- Limits on Juice: must be 100% juice and no sugar added
 - Calories Limited:
 - Grade K-5: 550 - 650 Calories
 - Grades 6-8: 600 - 700 Calories
 - Grades 9-12: 750-850 Calories