

FACT SHEET • OCTOBER 2009

## SCHOOL MEALS: BUILDING BLOCKS FOR HEALTHY CHILDREN

### COMPARISON OF CURRENT REQUIREMENTS AND NEW RECOMMENDATIONS

#### Changes in Minimum Amounts and Types of Food: Breakfast

	Current Requirement	New Recommendation
Fruit	½ cup per day	1 cup per day
Grains and Meat/Meat Alternates	2 grains <b>or</b> 2 meat/meat alternates <b>or</b> 1 of each per day	1.4–2 grains per day <b>plus</b> 1–2 meat or meat alternates per day (Range reflects difference by grade group.)
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less

#### Changes in Minimum Amounts and Types of Food: Lunch

	Current Requirement	New Recommendation
Fruit and Vegetables	½–1 cup of fruit and vegetables combined	¾–1 cup of vegetables <b>plus</b> ½–1 cup of fruit per day
Vegetables	No specifications as to type of vegetable	Weekly requirements for dark green and orange vegetables and legumes <b>and</b> limits on starchy vegetables
Meat/Meat Alternates	1.5–3 oz equivalents (daily average over 5-day week)	1.6–2.4 oz equivalents (daily average over 5-day week)
Grains	1.8–3 oz equivalents (daily average over 5-day week)	1.8–2.6 oz equivalents (daily average over 5-day week)
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less



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