

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 or 2 meat/meat alternates or 1 of each per day	1.4–2 grains per day plus 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 plus 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 and 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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