

SNA – School Nutrition Standards

What is the SNA?

The School Nutrition Association is a national, nonprofit professional organization representing more than 55,000 members who provide high-quality, low-cost meals to students across the country. Their mission is for every student to have access to nutritious meals at school, ensuring optimal health and well-being.

SNA School Nutrition Standards:

1. More Fruits & Vegetables:

Schools offer larger portions of fruits and vegetables with every lunch. Vegetable choices must include weekly offerings of legumes, dark green and red/orange vegetables. Every school breakfast must offer a full cup of fruits or vegetables. Students are required to take at least one half-cup serving of fruits or vegetables with every school breakfast and lunch.

2. Whole Grains:

At least half of the grains offered with school meals must be whole grain-rich (at least 51% whole grain).

3. Calorie Limits:

School meals must meet age-appropriate calorie minimums and maximums:

Grades	Breakfast	Lunch
K-5:	350-500 calories	550-650 calories
6-8:	400-550 calories	600-700 calories
9-12:	450-600 calories	750-850 calories

4. Sodium Limits:

Schools must gradually reduce sodium levels in schools to meet the following limits:

Grades	Target 1 (July 1, 2014)	Target 2 (July 1, 2024)
School Breakfast Program		
K-5:	<540 mg	<485 mg
6-8:	<600 mg	<535 mg
9-12:	<640 mg	<570 mg
National School Lunch Program		
K-5:	<1,230 mg	<935 mg
6-8:	<1,360 mg	<1,035 mg
9-12:	<1,420 mg	<1,080 mg

5. Limits on Unhealthy Fat:

Meals cannot contain added trans-fat and no more than 10% of calories can come from saturated fat.

6. Low-fat & Fat-free Milk:

Every school meal offers one cup of fat-free or 1% milk. To meet calorie limits, milk processors have developed flavored milk with less added sugar.