

KDE Division of School and Community Nutrition

USDA Transitional Standards Final Rule:

Milk, Whole Grains and Sodium

Beginning on July 1, 2022, and throughout the rest of SY 2022 – 2023, all sponsors of Child Nutrition Programs are required to follow the final rule established by the USDA for improving nutritional qualities of all school meals within the milk and grain components, as well as the sodium nutritive standard.

For more information, please refer to the [USDA's Transitional Standards for Milk, Whole Grains and Sodium- Final Rule.](#)

Milk: Expansion of Allowable Varieties

The Transitional Standards permanently allow sponsors of the NSLP and SBP to offer and serve 1% flavored milk. The following varieties of milk are allowable:

- Flavored, Low-Fat (1%)
- Unflavored, Low-Fat (1%)
- Flavored, Fat-Free (Skim)
- Unflavored, Fat-Free (Skim)

Whole Grains: Increased Weekly Average of Whole Grain-Rich Items

The Transitional Standards require that at least 80% of the weekly grains offered/served in the NSLP and SBP be whole grain-rich while all other grains offered must be enriched grains. For a food item to be “whole grain-rich”, it must contain at least 50% whole grains.

The [SCN Whole Grain-Rich Calculator](#) is available on SponsorNet.

Sodium: Looking Ahead to Reduce Sodium in SY 2023-2024

For SY 2022-2023, the SBP and NSLP sodium requirements will remain at Target 1. Starting in SY 2023-2024, the Transitional Standards will require steps towards reducing the overall sodium of served/offered menu items:

- **Breakfast in SY 23-24:** Compliance continues with Target 1 requirements.
- **Lunch in SY 23-24:** Compliance transitions to Target 1A requirement.

Resource: [School Breakfast Program and National School Lunch Program Sodium Timeline and Limits](#)