



CONEJO VALLEY UNIFIED SCHOOL DISTRICT USDA SCHOOL MEAL NUTRITION STANDARDS

The United States Department of Agriculture (USDA) has updated the school meal nutrition standards. This update marks the first-time added sugars will be restricted in school meals nationwide, with small adjustments beginning in fall 2025 and full implementation required by fall 2027. Sodium content will also need to be slightly reduced in school meals by fall 2027.

Beginning July 1, 2025, the new sugar limits for school cafeterias state that breakfast cereals cannot contain more than 6 grams of sugar per dry ounce. Yogurt may also not have more than 2 grams of added sugar per ounce.

By the 2027 school year, a weekly dietary limit will be implemented requiring that added sugars make up less than 10% of calories throughout the week in school breakfast and lunch programs.

A new limit on added sugars in flavored milk will begin in the fall of 2025. Flavored milk will not be able to contain more than 10 grams of added sugar per 8 fluid ounces.

New, reduced sodium limits will be implemented July 1, 2027. Schools will have to decrease sodium levels by 15% in lunches and 10% in breakfasts.

Regulations continue the requirement that grains be whole grain rich.

The new guidelines provide practical standards and a phased-in implementation approach that allows school leaders and nutrition professionals to continue their work to ensure students have the meals they need, without unnecessary disruption.

School nutrition manufacturers are currently updating their formulations to ensure compliance with the new requirements prior to their taking effect. CVUSD menus already meet most of the new requirements and will have no trouble being in-line with all regulations by July 1, 2027.