Sodium Smarts of School Lunch

Did you know?
Sodium reduction in school meals is underway. Following the requirements of the Healthy, Hunger-Free Kids Act, sodium levels in school breakfasts and lunches already have been reduced 5-10% with plans to gradually lower sodium levels even further over the next several years.

For every school meal, sodium levels currently are required to be:

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>School Breakfast</th>
<th>School Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
<td>Less than 540 milligrams</td>
<td>Less than 1,230 milligrams</td>
</tr>
<tr>
<td>Middle</td>
<td>Less than 600 milligrams</td>
<td>Less than 1,360 milligrams</td>
</tr>
<tr>
<td>High School</td>
<td>Less than 640 milligrams</td>
<td>Less than 1,420 milligrams</td>
</tr>
</tbody>
</table>

But the key to any healthy school meal is making it taste good while keeping up with popular food trends kids enjoy. Aramark’s team of chefs and registered dietitians are doing just that by boosting flavor with less sodium. Here are just a few of the new menu items your child may be seeing soon in the cafeteria:

- Korean BBQ Tacos
- Chili Lime Popcorn Chicken
- Nacho Cheeseburgers
- Mac and Cheese Pizza … and more!

Another smart way to slash sodium from any meal is to serve more fresh fruits and vegetables. Aramark helps support school districts like yours to include locally grown produce in school meals whenever possible. Benefits from buying seasonal fruits and veggies include:

- Improved student nutrition
- More community connections
- Support for local farmers
- An appreciation for sustainability
- A positive impact on the local environment

How much sodium?
The current Dietary Guidelines for Americans recommend no more than 2,300 milligrams of sodium daily for most Americans and less than 1,500 milligrams a day for those who are 51 years or older, African Americans, and people who have high blood pressure, diabetes or kidney disease.¹

How much is that?
One teaspoon of table salt contains 2,325 milligrams of sodium.