

# Get Regulation Ready!

## Navigating the USDA Added Sugars & Sodium Limits in Your Menus



# Housekeeping

- 45-minute presentation with content & culinary demo
- 15-minutes for Q&A at the end
- Submit questions at any time using the Q&A feature
- Post-webinar email will be sent with:
  - Survey
  - ANFP CEU certificate
- References for content are included on the last slide



# Today's Speakers



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# Objectives

- ☐ Gain a deeper understanding of the USDA limits for added sugars and sodium.
- ☐ Identify products that meet the new product-based added sugars limits.
- ☐ Develop strategies for menu planning to meet the weekly added sugars and sodium limits.
- ☐ Learn how to incorporate student favorites and meet the limits.
- ☐ Access tools and resources and learn about new menu solutions to help you plan your menus.



# Background






## Dietary Guidelines for Americans drive school meal recommendations....

- **Added sugars**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
  - » Ages 4 – 8: 1500 milligrams
  - » Ages 9 – 13: 1800 milligrams



# **Added Sugars: Product-Based Limits**

# Common Questions

-  **Do these limits only apply to breakfast in the school meal program?**
-  **Do these limits apply to other grain-based foods such as cereal bars?**
-  **Are there products available to meet these limits?**



# Added Sugars: Product-Based Limits



**CEREAL**

**≤6g per ounce**



**YOGURT**

**≤12g per 6 ounces**



**FLAVORED MILK**

**≤10g per 8 fl ounces**

**Implementation: School Year (SY) 25 – 26**  
**CACFP: October 1, 2025 (cereal & yogurt)**





# No product-based added sugars limits; will need to fit in weekly added sugars limits

## Muffins & Quick Breads



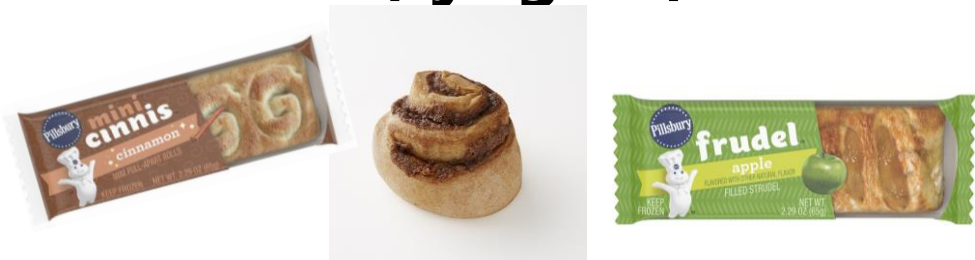
## Waffles, French Toast, Pancakes



## Cereal Bars, Granola Bars or other Bars



## And any other product that isn't cereal, yogurt, or milk!




# Label Reading


Nutrition Facts		
About 8 servings per container		
Serving size 1 cup (40g)		
	Blueberry Cheesecake	with 1% cup skim milk
Calories	170	230
	% DV**	% DV**
Total Fat	3.5g*	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	2.5g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	33g	12%
Dietary Fiber	1g	5%
Total Sugars	8g	
Incl. Added Sugars	8g	15%
Protein	2g	

1

2

**TOTAL SUGAR**

NATURALLY OCCURRING +  
ADDED SUGAR IN A PRODUCT.  
(IE. LACTOSE IN YOGURT)

**ADDED SUGAR**

REPRESENTS ONLY THE SUGAR  
THAT HAS BEEN ADDED TO  
THE PRODUCT



# Label Reading: Reminders



**Do - look only at the added sugars amount**



**Do - check the serving size!** Larger servings will have higher added sugars but still may meet requirements.



**Don't - add the total and added sugars together**



**Don't - use the %Daily Value (DV) to determine if a product will fit in the weekly standard**



# Label Reading: Does it meet?

**Nutrition Facts** Serving size: **1 container (56g)**, Amount per serving: **Calories 210**, **Total Fat** 6g (7% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 3.5g, **Cholesterol** 0mg (0% DV), **Sodium** 320mg (14% DV), **Total Carbohydrate** 44g (16% DV), Dietary Fiber 7g (25% DV), Total Sugars 11g (Incl. 11g Added Sugars, 21% DV), **Protein** 3g, Vitamin D (25% DV), Calcium (10% DV), Iron (25% DV), Potassium (2% DV), Vitamin A (10% DV), Vitamin C (10% DV), Thiamin (25% DV), Riboflavin (10% DV), Niacin (10% DV), Vitamin B<sub>6</sub> (25% DV), Folate (25% DV) (60mcg folic acid), Vitamin B<sub>12</sub> (25% DV), Zinc (25% DV). % DV = % Daily Value

$$\frac{11 \text{ g Added Sugars}}{56 \text{ g}} = \frac{5.5 \text{ g Added Sugars}}{28 \text{ g}}$$



**YES, IT MEETS!**

Cereal Limit:  
≤6 g added sugars per 28 g



# Label Reading: Does it meet?

Nutrition Facts	
About 11 servings per Pouch Servings per Case 64	
<b>Serving size</b>	<b>2/3 Cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>2%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 6g	
Vitamin D 3.5mcg 15% • Calcium 220mg 15%	
Iron 0mg 0% • Potassium 320mg 6%	
Vitamin A 160mcg 15%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**8g Added Sugars**  
**170 grams or**  
**6 ounces**



**YES, IT MEETS!**

Yogurt Limit:  
≤12 g added sugars per 6 ounces



[illegible]

## 10 Regulation-Ready Yogurt SKUs








# Navigating the Weekly Added Sugars Standard



**64.6%** of operators report serious concern about implementing the weekly added sugars limit

SY 2024/25 School Nutrition Trends Report. School Nutrition Association.

# Common Questions

-  **How do I determine the % of calories from added sugars?**
-  **Are there products that fit in the weekly added sugars limits?**
-  **How can I change my menus to meet the weekly added sugars limits?**





# Weekly Added Sugars Limits

Limits added sugars to **less than 10% of calories across the week**, on average, at lunch and breakfast

## *Breakfast Weekly Added Sugars Standard*

Grade	K – 5	6 – 8	9 – 12
Calorie Range	350 - 500	400 – 550	450 - 600
10% of Calories from Added Sugars (g)*	9 – 12.5	10 – 13.75	11 - 15

## *Lunch Weekly Added Sugars Standard*

Grade	K – 5	6 – 8	9 – 12
Calorie Range	550 – 650	600 – 700	750 - 850
10% of Calories from Added Sugars (g)*	~14 – 16	15 – 17.5	~19 - 21

**Implementation: SY 27 - 28**



\*on average over the week

# All Product Categories Must Fit in the Weekly Added Sugars Limits



**CEREAL**



**YOGURT**



**FLAVORED MILK**



**MUFFINS**



**GRANOLA BARS**



**WAFFLES**

**\*\*And any other product that is served at breakfast and lunch!**

**APPLIES TO **ADDED SUGARS** ONLY**



# Calculating % Calories from Added Sugars

## 1. Gather your data!

- Total Calories: 420
- Total Added Sugars: 8g

Item	Meal Pattern	Calories	Added Sugars
Pillsbury™ Mini Cinnis Caramel	2 Grain	210	8g
Strawberries & Bananas	1 cup eq	110	0g
Milk, plain, fat free & low-fat	1 cup	100	0g
<b>TOTAL</b>		<b>420</b>	<b>8g</b>

## 2. Calculate calories from added sugars

- Calories per gram of sugar = 4
- Multiply grams of added sugars by 4 to get the calories from added sugars

$$8\text{g Added Sugars} \times 4 = 32$$

32 Calories from Added Sugars

## 3. Calculate % calories from added sugars

- Divide the calories from added sugars by the total calories \*100

$$\frac{32 \text{ Calories from Added Sugars}}{420 \text{ Total Calories}} \times 100$$






**= 7.6% of Calories from Added Sugars**

# Considerations for the Weekly Added Sugars Limit

- ❑ Balance days higher in added sugars with lower added sugars day(s)
- ❑ Make small tweaks to recipes or menus – these can make a difference!
  - ❑ Modify or swap condiments or create menu solutions that don't require condiments.
  - ❑ Boost sweetness with spices and extracts
  - ❑ Swap ½ fruit puree for added sugar in muffins or quick breads
- ❑ Use manufacturer partners to understand how their products fit in the weekly standards.



# Balance Added Sugars Across the Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	<b>Pillsbury™ Mini Cinnis Caramel</b> (2 Grain) 	<b>Pillsbury™ Scrambler Egg, Cheese, Turkey Sausage</b> (2 Grain, 1 MA) 	<b>Pillsbury™ Cinnamon Toast Crunch™ Muffin</b> (2 Grain) 	<b>Yoplait® Reduced Sugar Parfait Pro® + Nature Valley™ Oats 'n Honey Granola</b> (1 Grain + 1 MA) 	<b>Pillsbury™ Mini Waffles Blueberry Bash™</b> (2 Grain) 
<b>Fruit</b>	Small Banana Orange Juice, 4 oz	Diced Peaches, 1 cup	Apple, large	Orange Apple Juice, 4 oz	Pears, 1 cup
<b>Milk</b>	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free Chocolate or Lowfat Unflavored Milk
<i>Calories</i>	470	450	550	445	435
<i>Added Sugars (g)</i>	8	2	20	10	16
<i>Calories from Added Sugars*</i>	32	8	80	40	64
<i>% Calories from Added Sugars</i>	6.8%	1.7%	14.5%	9%	14.7%
<i>Amount over or under 10%</i>	3.2%	8.3%	4.5%	1%	4.7%

**Average over the Week: 9.6%**

Average Weekly Calories: 470

Average Weekly Calories from Added Sugars: ~45

# Menu Tweak Example

**You typically serve....**



**Pancakes (2 grain) + Syrup (1.4 oz)  
26 g Added Sugars**

**Try this...**



**Pancakes (2 grain) Topped  
with Yogurt (1/2 MA) & Fruit  
6 g Added Sugars**



**Egg Pancake Taco  
(2 Grain + 1 MA)  
4g Added Sugars**



**Apple Cinnamon Pancakes  
(2 Grain)  
4g Added Sugars**

# **Hot Topic: Grains at Breakfast**

# Common Questions



**Will I need to serve more meat/meat alternates at breakfast to meet added sugars standards?**



**I typically serve 2 grain items at breakfast, can these still fit in the weekly added sugars standards?**





# Reminder: School Breakfast Meal Pattern Flexibility

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food <sup>1</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>2</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2</sup>	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) <sup>3</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) <sup>4</sup>	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week<sup>5</sup></b>			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

**May serve a grain, meat/meat alternate OR a combination to meet the oz eq requirements at breakfast**








# Why serve grains at breakfast?

- ❑ Nutrition. Grain foods are a top source of iron, folate, select B-vitamins, and whole grains for kids.
- ❑ Cost-effective. Serving grains can help manage menu costs.
- ❑ Can help balance saturated fat and sodium in menus.
- ❑ Complement meat/meat alternates for a balanced meal.
- ❑ Two grain products can help meet oz eq requirements and help in meeting calorie requirements for older students.



# Swapping in M/MA – Be Mindful of Sodium & Sat Fat

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	<b>Whole Grain Bagel with Cream Cheese</b> (2 Grain) 	<b>Pillsbury™ Scrambler Egg, Cheese, Turkey Sausage</b> (2 Grain, 1 MA) 	<b>Blueberry Muffin (1 Grain) Mozzarella Cheese Stick (1 MA)</b> 	<b>Yoplait® Reduced Sugar Parfait Pro® + Nature Valley™ Oats 'n Honey Granola (1 Grain + 1 MA)</b> 	<b>Egg &amp; Cheese on Buttermilk Biscuit</b> (2 Grain / 1.5 M/MA) 
<b>Fruit</b>	Small Banana Orange Juice, 4 oz	Diced Peaches, 1 cup	Apple, large	Orange Apple Juice, 4 oz	Pears, 1 cup
<b>Milk</b>	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free Chocolate or Lowfat Unflavored Milk
<i>Calories</i>	470	450	530	445	520
<i>Added Sugars (g)</i>	4	2	12	10	6
<i>Sodium</i>	415	495	445	270	815
<i>Saturated Fat</i>	0.75	4.75	8.75	5.25	7.5

## Weekly Averages:

**Calories : ~480**  
**% Calories from Added Sugars: ~5.6%**  
**% Calories from Saturated Fat: ~11%**  
**Sodium: ~488 mg**

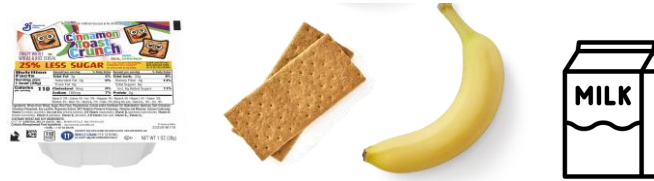
- ✓ Lowered Added Sugars
- ✓ Increased Sat Fat >10%
- ✓ Increased Sodium above K – 5 SY27-28 Limit

# Meeting Oz Eq at Breakfast: It's a Nutrition Balancing Act!



**2 Grain Cereal**  
with fruit & milk

Calories	420
Added Sugars (g)	11
Saturated Fat (g)	1.25
Sodium (mg)	425



**1 Grain Cereal +  
1 Grain Graham Crackers**  
with fruit & milk

Calories	440
Added Sugars (g)	14
Saturated Fat (g)	1.75
Sodium (mg)	360






**1 Grain Cereal +  
1 MA Cheese Stick**  
with fruit & milk

Calories	400
Added Sugars (g)	6
Saturated Fat (g)	4.75
Sodium (mg)	465



**Hot Topic: 'Grain-Based Desserts'**

# Common Questions on 'Grain-Based Desserts'

-  **Are 'grain-based desserts' creditable at breakfast?**
-  **Can I still serve 'grain-based desserts' and meet the added sugars weekly standard?**
-  **What can I serve in the NSLP afterschool snack in place of 'grain-based desserts'?**



# What are ‘Grain-Based Desserts’?

USDA provides guidance on what products are classified as ‘grain-based desserts’ in [Exhibit A of the Grain Requirements for Child Nutrition Programs](#)

“Grain-Based Desserts”	Not “Grain-Based Desserts”
<ul style="list-style-type: none"><li>• Brownies and Cakes</li><li>• Bars (cereal, granola, breakfast)</li><li>• Cookies, including vanilla wafers</li><li>• Doughnuts</li><li>• Fruit filled rolls/bars/cookies</li><li>• Marshmallow cereal treats</li><li>• Dessert pies, cobbler, fruit turnovers</li><li>• Sweet biscotti, croissants (e.g. chocolate), scones, rolls (e.g. cinnamon rolls)</li><li>• Toaster Pastries</li></ul>	<ul style="list-style-type: none"><li>• Quick breads (banana, zucchini)</li><li>• Cereals</li><li>• Cornbread</li><li>• Crackers</li><li>• Waffles, French Toast &amp; Pancakes</li><li>• Muffins</li><li>• Pie crusts of savory pies</li><li>• Plain croissants</li><li>• Plain or savory pita chips</li><li>• Savory biscotti or scones</li></ul>



# 'Grain-Based Desserts' in K-12

**NEW** in Final Rule:

- No longer creditable in NSLP Afterschool Snack








## **STAYING THE SAME – NO CHANGE:**

- Can be menued at breakfast
- Continue to *not* be creditable in CACFP
- Up to 2 oz eq or less can be served at lunch
- Can be sold as Smart Snacks (if meets for Smart Snacks)





# 'Grain-Based Desserts' Can Fit in the Weekly Added Sugars Limit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	 <b>Pillsbury™ Mini Cinnis</b> (2 Grain) 	<b>Pillsbury™ Maple Madness Mini Waffles</b> (2 Grain) 	 <b>Pillsbury™ Apple Frudel</b> (2 Grain) 	<b>Pillsbury™ Cinnamon Toast Crunch™ Fr Toast</b> (2 Grain) 	<b>Cocoa Puffs™ Cereal Bar</b> (1 Grain) Mozzarella Cheese Stick (1 MA) 
<b>Fruit</b>	Small Banana Orange Juice, 4 oz	Diced Peaches, 1 cup	Apple, large	Orange Apple Juice, 4 oz	Pears, 1 cup
<b>Milk</b>	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk	8 oz Fat Free or Lowfat Milk
<i>Calories</i>	490	430	460	455	450
<i>Added Sugars (g)</i>	13	12	9	10	8
<i>Calories from Added Sugars*</i>	52	48	36	40	32
<i>% Calories from Added Sugars</i>	10.6%	11%	7.8%	8.8%	7%
<i>Amount over or under 10%</i>	0.6%	1%	2.2%	1.2%	3%

**Average over the Week: 9.2%**

Average Weekly Calories: 457  
Average Weekly Calories from Added Sugars: ~42



**Designated under USDA guidance as a 'Grain-Based Dessert'**



# NSLP Afterschool Snack Swaps: What can I serve?

Before

After

Yoplait  
ParfaitPro  
REDUCED  
SUGAR



Yoplait  
ParfaitPro  
REDUCED  
SUGAR



# Navigating the Weekly Sodium Limits





**78.6%** report 'serious concern' about meeting SY 27-28 sodium limits

SY 2024/25 School Nutrition Trends Report. School Nutrition Association.

# Common Questions



-  **How can I modify breakfast and lunch menus to meet the SY 27-28 sodium limits?**
-  **Biscuits are commonly on my menu, can I still serve a breakfast sandwich on a biscuit and meet the sodium limits?**



# Updated Sodium Limits: SY 27 - 28

Through SY 2026-2027, schools will maintain current sodium limits, then new limits go into effect:

- **Breakfast:** 10% reduction in SY 27-28
- **Lunch:** 15% reduction in SY 27-28

**Implementation: SY 27 -28**

## Breakfast Sodium Limits

*(on average over the week)*

Age/Grade Group	Current	Effective July 1, 2027
Grades K-5	≤ 540 mg	≤ 485 mg
Grades 6-8	≤ 600 mg	≤ 535 mg
Grades 9-12	≤ 640 mg	≤ 570 mg

## Lunch Sodium Limits

*(on average over the week)*

Age/Grade Group	Current	Effective July 1, 2027
Grades K-5	≤ 1110 mg	≤ 935 mg
Grades 6-8	≤ 1225mg	≤ 1035 mg
Grades 9-12	≤ 1280 mg	≤ 1080 mg







# Meeting Weekly Sodium Limits

- ❑ Assess menus for products or meals that are higher in sodium
- ❑ Determine ways menu or products can be modified to meet standards
  - ❑ Balance higher sodium days with lower sodium days
  - ❑ Swap higher sodium items for those lower in sodium
  - ❑ Serve lower sodium meat/meat alternates at breakfast
  - ❑ Serve brunch for lunch one day to manage lunch sodium



# Assess Sodium in Menus - Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	Cinnamon Toast Crunch™ Muffin (260) 	<i>Breakfast Sandwich:</i> Buttermilk Biscuit (540) Egg Patty (95) American Cheese (110) Turkey Sausage Patty (170) (Total: 915)	Pillsbury™ Mini Waffles Blueberry Bash™ (170) 	Bagel (190) Cream Cheese (110) (300) 	Chicken & Waffle Sandwich (430) 
<b>Fruit</b>	Small Banana (5) Orange Juice, 4 oz (5)	Diced Peaches (0)	Mixed Berries (0)	Apple, large (0)	Pears (0)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Total Sodium</b>	<b>410</b>	<b>1050</b>	<b>310</b>	<b>440</b>	<b>570</b>

**Sodium Weekly Average: 556 mg**

Age/Grade Group	2027 – 28 Target	Meets?
Grades K-5	≤ 485 mg	✗
Grades 6-8	≤ 535 mg	✗
Grades 9-12	≤ 570 mg	✓






# Breakfast: What Can Be Modified to Meet for K-8?

Identify a biscuit  
lower in sodium

Menu an item that doesn't  
need a condiment or spread

Menu a lower  
sodium item to  
balance Tuesday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain/ Meat/Meat Alternate	Cinnamon Toast Crunch™ Muffin (260) 	<i>Breakfast Sandwich:</i> Buttermilk Biscuit (540) Egg Patty (95) American Cheese (110) Turkey Sausage Patty (170) (Total: 915)	Pillsbury™ Mini Waffles Blueberry Bash™ (170) 	Bagel (190) Cream Cheese (110) (300) 	IW Chicken & Waffle Sandwich (430)
Fruit	Small Banana (5) Orange Juice, 4 oz (5)	Diced Peaches (0)	Mixed Berries (0)	Apple, large (0)	Pears (0)
Milk	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Total Sodium</b>	<b>410</b>	<b>1050</b>	<b>310</b>	<b>440</b>	<b>570</b>





Balance with lower  
sodium days

Serve Chocolate Milk less over the week





# Breakfast Revised Menu with All Modifications

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	Cinnamon Toast Crunch™ Muffin (260) 	<i>Breakfast Sandwich:</i> Pillsbury Whole Grain Rich Biscuit (290) Egg Patty (95) American Cheese (110) Turkey Sausage Patty (170) (Total: 915)	Pillsbury™ Mini Waffles Blueberry Bash™ (170) 	Blueberry Muffin Top (140) 	Yogurt Parfait: Reduced Sugar Vanilla Yogurt (65) Granola (65) 
<b>Fruit</b>	Small Banana (5) Orange Juice, 4 oz (5)	Diced Peaches (0)	Mixed Berries (0)	Apple, large (0)	Pears (0)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Total Sodium</b>	<b>410</b>	<b>770</b>	<b>310</b>	<b>250</b>	<b>270</b>





**Sodium Weekly Average: ~390 mg**

Age/Grade Group	2027 – 28 Target	Meets?
Grades K-5	≤ 485 mg	✓
Grades 6-8	≤ 535 mg	✓
Grades 9-12	≤ 570 mg	✓



# Breakfast Revised Menu with Select Modifications

- ✓ Lower Sodium Biscuit
- ✓ Less Chocolate Milk
- ✓ Lower sodium item on Friday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grain/ Meat/Meat Alternate</b>	Cinnamon Toast Crunch™ Muffin (260) 	<i>Breakfast Sandwich:</i> Pillsbury Whole Grain Rich Biscuit (290) Egg Patty (95) American Cheese (110) Turkey Sausage Patty (170) (Total: 915)	Pillsbury™ Mini Waffles Blueberry Bash™ (170) 	Bagel (190) Cream Cheese (110) (300) 	Pillsbury Scrambler Egg & Cheese (350) 
<b>Fruit</b>	Small Banana (5) Orange Juice, 4 oz (5)	Diced Peaches (0)	Mixed Berries (0)	Apple, large (0)	Pears (0)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Total Sodium</b>	<b>410</b>	<b>770</b>	<b>310</b>	<b>405</b>	<b>490</b>

**Sodium Weekly Average: ~460 mg**

Age/Grade Group	2027 – 28 Target	Meets?
Grades K-5	≤ 485 mg	✓
Grades 6-8	≤ 535 mg	✓
Grades 9-12	≤ 570 mg	✓



# Assess Sodium in Menus - Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée</b>	Breaded Chicken Strips (470)	Ground Turkey Tacos on Whole Wheat Tortillas (775)	Tomato Soup & Grilled Cheese (1500)	Cheese Tortellini with Alfredo & Garlic Breadstick (1015)	Pizza, Cheese or Pepperoni (510)
<b>Fruit</b>	Grapes (10)	Pears (0)	Apple (5)	Mandarin Oranges (0)	Assorted Fresh Fruit (5)
<b>Vegetables</b>	Potato Wedges (210) Carrot Sticks (65)	Black Beans, Seasoned (200) Chopped Romaine, Diced Tomatoes, Salsa (200)	Celery Sticks (60) Cucumber Slices (0)	Broccoli (20) Peas (80)	Romaine Salad (15) Assorted Veggie Sticks (65)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Condiments</b>	Ketchup, Barbecue Sauce, Ranch, Honey Mustard (170)	Hot Sauce, Taco Sauce, Sour Cream (110)	Ranch (270)	Ranch (270)	Ranch, Italian, Honey Mustard (260)
<b>Total Sodium</b>	<b>1060</b>	<b>1220</b>	<b>1870</b>	<b>1490</b>	<b>990</b>

**Sodium Weekly Average: 1330 mg**

Age/Grade Group	2027 – 28 Target	Meets?
Grades K-5	≤ 935 mg	✗
Grades 6-8	≤ 1035 mg	✗
Grades 9-12	≤ 1080 mg	✗



# Lunch: What Can Be Modified to Meet Sodium Limits?

Serve tacos on corn tortillas

Serve fettuccini noodles over tortellini

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée</b>	Breaded Chicken Strips (470)	Ground Turkey Tacos on Whole Wheat Tortillas (775)	Tomato Soup & Grilled Cheese (1500)	Cheese Tortellini with Alfredo & Garlic Breadstick (1015)	Pizza, Cheese or Pepperoni (510)
<b>Fruit</b>	Grapes (10)	Pears (0)	Apple (5)	Mandarin Oranges (0)	Assorted Fresh Fruit (5)
<b>Vegetables</b>	Potato Wedges (210) Carrot Sticks (65)	Black Beans, Seasoned (200) Chopped Romaine, Diced Tomatoes, Salsa (200)	Celery Sticks (60) Cucumber Slices (0)	Broccoli (20) Peas (80)	Romaine Salad (15) Assorted Veggie Sticks (65)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Condiments</b>	Ketchup, Barbecue Sauce, Ranch, Honey Mustard (170)	Hot Sauce, Taco Sauce, Sour Cream (110)	Ranch (270)	Ranch (270)	Ranch, Italian, Honey Mustard (260)
<b>Total Sodium</b>	<b>1060</b>	<b>1220</b>	<b>1870</b>	<b>1520</b>	<b>990</b>

Serve brunch for lunch one day

Create your own Ranch dressing using yogurt



# Lunch: Revised Menu with Modifications

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée</b>	Breaded Chicken Strips (470)	Ground Turkey Tacos on Corn Tortillas (545)	Waffle Egg Sandwich (Pillsbury™ Waffles, Egg, Sausage) (380)	Fettuccini Noodles with Alfredo & Garlic Breadstick (565)	Pizza, Cheese or Pepperoni (510)
<b>Fruit</b>	Grapes (10)	Pears (0)	Apple (5)	Mandarin Oranges (0)	Assorted Fresh Fruit (5)
<b>Vegetables</b>	Potato Wedges (210) Carrot Sticks (65)	Black Beans, Seasoned (200) Chopped Romaine, Diced Tomatoes, Salsa (200)	Celery Sticks (60) Cucumber Slices (0)	Broccoli (20) Peas (80)	Romaine Salad (15) Assorted Veggie Sticks (65)
<b>Milk</b>	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)	Fat Free Milk, Plain (100) 1% Milk, Plain (110) 1% Chocolate Milk (200)
<b>Condiments</b>	Ketchup, Barbecue Sauce, Homemade Ranch, Honey Mustard (150)	Hot Sauce, Taco Sauce, Sour Cream (110)	Homemade Ranch (100)	Homemade Ranch (100)	Homemade Ranch, Italian, Honey Mustard (220)
<b>Total Sodium</b>	<b>1040</b>	<b>990</b>	<b>650</b>	<b>900</b>	<b>950</b>

**Sodium Weekly Average: 906 mg**

Age/Grade Group	2027 – 28 Target	Meets?
Grades K-5	≤ 935 mg	✓
Grades 6-8	≤ 1035 mg	✓
Grades 9-12	≤ 1080 mg	✓



# Brunch for Lunch: May help manage sodium across the week



**Mini-Bagels +  
Spinach Salad with  
Egg + Milk**



**Chicken 'n Waffles  
+ Salad + Apple +  
Milk**

Product	Meal Pattern	Sodium (mg)
Pillsbury™ Mini Bagels	2 Grain	180
Spinach Salad	1 cup eq veg	65
Hardboiled Egg	2 oz eq M/MA	65
Strawberries, Sliced	1 cup fruit	0
Berry Vinaigrette	2 Tb	270
1% Plain Milk	1 cup milk	110
<b>TOTAL</b>		<b>690</b>

Product	Meal Pattern	Sodium (mg)
Pillsbury™ Mini Waffles	2 Grain	170
Chicken Nuggets	2 oz eq M/MA	440
Apple, large	1 cup fruit	0
Romaine Salad	1 cup eq	20
Ranch Dressing	2 Tb	100
1% Plain Milk	1 cup	110
<b>TOTAL</b>		<b>725</b>



# Menu Challenge: Breakfast Biscuit Sandwich



**Buttermilk Biscuit**  
2 Grain = 540 mg sodium

**Scrambled Egg Patty**  
1 .25 MA = 125 mg sodium

**American Cheese**  
½ oz or ½ MA = 140 mg sodium

**Commercial Turkey Sausage Patty**  
1 MA = 170 mg sodium

2 Grain +  
2.75 M/MA

**Sodium: 975 mg**



# Menu Challenge: Breakfast Biscuit Sandwich

How can the sodium be lowered & meet meal pattern requirements?

- ☐ Reduce meal components. Choose 2: meat, cheese, egg.
- ☐ Choose lower sodium biscuit
- ☐ Replace American cheese with a lower sodium cheese type
- ☐ Low on time? Find a commercially available product designed to fit sodium limits





# Reduce Meal Components

2 Grain +  
1.75 M/MA



**Buttermilk Biscuit**  
2 Grain = 540 mg sodium



**Scrambled Egg Patty**  
1 .25 MA = 125 mg sodium



**American Cheese**  
½ oz or ½ MA = 140 mg sodium

**Sodium: 805 mg**



# Reduce Meal Components & Serve on Lower Sodium Biscuit

2 Grain +  
1.75 M/MA



**Southern Style Reduced  
Sodium Biscuit**  
2 Grain = 320 mg sodium



**Scrambled Egg Patty**  
1 .25 MA = 125 mg sodium



**American Cheese**  
½ oz or ½ MA = 140 mg sodium

**Sodium: 585 mg**



# Served on Whole Grain Rich Reduced Sodium Biscuit and Swap American for a Lower Sodium Cheese

2 Grain +  
1.75 M/MA



**Whole Grain Rich Biscuit**  
2 Grain = 290 mg sodium



**Scrambled Egg Patty**  
1 .25 MA = 125 mg sodium



**Cheddar Cheese**  
½ oz or ½ MA = 95 mg sodium

**Sodium: 510 mg**



# Choose Products Designed to Fit K12 Sodium Limits



	<b>Pillsbury™ Scrambler Egg and Cheese</b>	<b>Pillsbury™ Scrambler Egg, Cheese and Turkey Sausage</b>
Meal Pattern Equivalency	2 oz eq grain + 1 MA	2 oz eq grain + 1 M/MA
Sodium (mg)	350	390



⊕ Fruit & Milk  
= 460 mg

⊕ Fruit & Milk  
= 500 mg



# Sodium Solutions

# K-12 SODIUM SOLUTIONS

that help you meet USDA weekly sodium targets!

		Sodium (mg)	
100-18000-32264-7	Pillsbury® Mini Bagels Strawberry Creamy Cheese	2 Grain	260
100-18000-32265-4	Pillsbury® Blueberry Bash™ Mini Waffles	2 Grain	260
100-18000-37309-0	Pillsbury® Maple Madness™ Mini Waffles	2 Grain	190
100-18000-37308-3	Pillsbury® Trix™ Mini French Toast	2 Grain	190
100-18000-27852-4	Pillsbury® Frudel™ Apple	2 Grain	170
100-18000-27851-7	Pillsbury® Frudel™ Cherry	2 Grain	200
100-18000-33686-6	Pillsbury® Mini Cinnis	2 Grain	270
100-18000-33184-3	Pillsbury® Caramel Mini Cinnis	2 Grain	270
100-18000-49979-0	Pillsbury® Filled Crescent Chocolate	2 Grain	280
100-18000-49978-3	Pillsbury® Filled Crescent Grape	2 Grain	280
100-18000-10978-1	Pillsbury® Soft Filled Cinnamon Toast Crunch™ Bar	2 Grain	260
100-16000-17364-1	Nature Valley® Soft Oatmeal Round Banana Chocolate Chip	2 Grain	290
100-16000-17365-8	Nature Valley® Soft Oatmeal Round Apple Cinnamon	2 Grain	240
<b>Bulk Bakery</b>			
100-94562-1113-4	Pillsbury® K-12 Whole Grain Muffin Top Blueberry Place & Bake™ Batter	1 Grain	140
100-94562-1114-1	Pillsbury® Whole Grain Muffin Top Chocolate Chip Place & Bake™ Batter	1 Grain	135
100-94562-31665-2	Pillsbury Place & Bake Corn Muffin Batter Pucks	1.5 Grain	140
100-94562-08046-1	Pillsbury® TubeSet™ Muffin Batter Corn Muffin	2.25 Grain	320
100-94562-10145-6	Pillsbury® Frozen Pie Dough Sheet (10"x12")	1.25 Grain	140
100-94562-32267-7	Pillsbury® Whole Grain-Rich Biscuit Dough 2.51 oz	2.25 Grain	290
100-94562-32268-4	Pillsbury® Whole Grain-Rich Biscuit Dough Easy Split™ 2.51 oz	2.25 Grain	290
100-94562-10752-6	Pillsbury® Frozen Biscuit Dough Easy Split™ Southern Style 2.51 oz	2.25 Grain	320
100-94562-32271-4	Pillsbury® Whole Grain-Rich Baked Biscuit Easy Split™ 2.0 oz	2 Grain	310
100-94562-32272-1	Pillsbury® Whole Grain-Rich Baked Biscuit Mini 1.0 oz	1 Grain	150
100-94562-11111-0	Pillsbury® K-12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7 oz	2 Grain	360
100-94562-05357-1	Pillsbury® Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 1.5 oz	1 Grain	210

\*25% Less Sugar Lucky Charms™ compared to Original Lucky Charms™ has no reduction in calories. Sugar content has been reduced from 8g to 6g per serving (per 1 oz). 25% Less Sugar Cocoa Puffs™ compared to Original Cocoa Puffs™ has no reduction in calories. Sugar content has been reduced from 10g to 8g per serving (per 1 oz). 25% Less Sugar Trix™ compared to Original Trix™ has no reduction in calories. Sugar content has been reduced from 8g to 6g per serving (per 1 oz). 25% Less Sugar Cinnamon Toast Crunch™ compared to Original Cinnamon Toast Crunch™ has no reduction in calories. Sugar content has been reduced from 8g to 6g per serving (per 1 oz).

\*\*Original® Parfait® Reduced Sugar Yogurt has 14g sugar per 6-oz serving. Regular contains 23g sugar per 6-oz serving.

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**Tasty and versatile sodium solutions**



- Add **more** ingredients and flavors per meal, and still stay within **weekly sodium guidelines**
- Enjoy the same golden appearance and texture as before
- Choose from **six kid-pleasing biscuit options** in popular formats and sizes

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# Resources, Menu Solutions & More!

## General Mills Foodservice K12 Resource Hub

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### Nourish Kids for What's Next

Support kids' health and growth with General Mills Foodservice, offering nutritious and tasty food for a bright future.

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#### Building Stronger Futures with Regulation-Ready Meals

General Mills Foodservice is dedicated to supporting K-12 schools through USDA updates, providing balanced, nutritious meals that students love. Let's work together to ensure your students are well-fed and ready to excel in the classroom and beyond.

[Regulation Tools and Resources](#)[View our USDA Execution Guide](#)

#### Product Nutrition Finder

Access nutrition information for General Mills Foodservice products, plus discover options suitable for various allergies, diets, and regulatory requirements. You can also use the Product Nutrition Finder to download crediting letters.

[Find nutrition info](#)





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# Culinary Demo with Chef Heather








**Thank you!**  
**Questions?**



# Serving Grains AND Meeting Added Sugars Limits: It Can Be Done!

## Pillsbury™ Whole Grain-Rich Caramel Mini Cinnis™ (2 Grain)

<

Item	Calories	Added Sugars
 1% Unflavored Milk	110	0g
 Apple	80	0g
 Pillsbury™ Caramel Mini Cinni™	210	8g
TOTAL	400	8g

% Calories from Added Sugars: 8%

