

# TRANSITIONAL STANDARDS FOR MILK, WHOLE GRAINS, AND SODIUM: THE BASICS FOR SCHOOL YEARS 2022–2023 AND 2023–2024

## MILK



### REQUIRED

Offer unflavored low-fat or nonfat milk

### OPTION

Offer flavored, low-fat (1%) or flavored, nonfat

## SODIUM



### National School Lunch Program

#### NO CHANGE

for school year 2022–2023  
(known as Target 1)

#### 10% REDUCTION

for school year 2023–2024  
(known as Target 1A)

### School Breakfast Program

#### NO CHANGE

for school years 2022–2023 and  
2023–2024 (known as Target 1)

## WHOLE GRAINS



**80%**  
of grains offered must be whole grain-rich  
(Containing at least 50% whole grains)

**20%**  
of the other grains offered  
must be enriched

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:

<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2022). *Transitional standards for milk, whole grains, and sodium: The basics for school years 2022–2023 and 2023–2024*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org) for more information.

© 2022, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences