USDA

REPLACE BREAKFAST PASTRIES WITH WHOLE-FOOD BREAKFAST OPTIONS

- Replace pastries with whole-food options such as egg sandwiches, yogurt parfaits with fruit, whole grain toast with nut butter, oatmeal, or overnight oats.
- Adjust menu cycles to emphasize eggs, yogurt, and 100% whole grains.
- Implement the added sugars cap now, rather than 2027.
- Food service companies will expand healthier breakfast options and will offer easy, allowable swaps.

PREPARE MEATS AND MEAT ALTERNATIVES USING HEALTHY COOKING METHODS

- Prepare animal-based protein foods such as beef, poultry, pork, and seafood using healthy cooking methods like baking, roasting, broiling, steaming, and stir frying.
- Avoid deep fried and breaded meat products.
- Prioritize meats with limited added sugars, refined carbohydrates or starches, or chemical additives.
- Food service companies will offer more un-breaded whole muscle meat products like roasted chicken, grilled chicken strips, and ground meats.

SERVE 100% WHOLE GRAIN PRODUCTS

- Replace whole grain-rich items with 100% whole grain breads and tortillas, brown rice or whole grain pasta, or whole grain breakfast cereals with low added sugar.
- Utilize commodity 100% whole grain items available through USDA Foods.
- Food service companies will increase availability of 100% whole grain ingredients and decrease their catalog of products with unnecessary preservatives or other additives.

IMPROVE SMART SNACKS SERVED IN SCHOOLS

- Don't offer beverages containing added sugars or artificial sweeteners.
- Remove foods with artificial flavors, petroleum-based dyes, and artificial preservatives.
- Only offer real foods like cheese sticks, hard boiled eggs, nuts, 100% whole grains, fruits, and vegetables.
- Food service companies will clearly identify healthier alternatives in ordering systems and automatically replace discontinued products with the healthiest comparable option.

PRIORITIZE WHOLE FRUIT

- Choose fresh, canned, unsweetened dried, or frozen whole fruit instead of syrup-packed fruit, sweetened dried, or fruit juice.
- Expand purchases of seasonal fresh fruit through produce distributors or local suppliers.
- Food service companies will increase flexibility, allowing schools to replace national branded products with local or fresh options without contract amendments.

SERVE WHOLE MILK

- Include whole milk as an allowable option for all students, reflective of The Whole Milk for Healthy Kids Act.

Harvest to Hallways

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