# Superintendent’s Memo #065-19


**COMMONWEALTH of VIRGINIA
Department of Education**

DATE: March 22, 2019

TO: Division Superintendents

FROM: James F. Lane, Ed.D., Superintendent of Public Instruction

## SUBJECT: Flexibilities for Milk, Sodium, Whole Grains, and Sodium Requirements

On December 12, 2018, the United States Department of Agriculture (USDA) published the final rule that codifies three meal planning flexibilities made available in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). These requirements will take effect on July 1, 2019, with the beginning of the 2019-2020 school year.

The first requirement will broaden the milk options in NSLP and SBP by allowing School Food Authorities (SFAs) to permanently offer flavored, low-fat milk. Also, in the Child and Adult Care Food Program (CACFP) and the Special Milk Program (SMP), flavored low-fat milk can be offered to participants ages six and older. Secondly, half of the grains offered in the school lunch and breakfast menu must be whole grain-rich. This ends the whole grain waiver process. The third requirement will allow schools more time for the gradual sodium reduction by retaining Sodium Target 1 through the end of school year 2023-2024, continuing Sodium Target 2 in school year 2024-2025, and eliminating the Final Target that would have gone into effect in school year 2022-2023.

**National School Lunch Program - Sodium Timeline and Limits**

| **Age/Grade Group** | **Target 1: July 2014 (mg)** | **Target 2: July 2024 (mg)** |
| --- | --- | --- |
| K-5 |  ≤ 1,230 |  ≤ 935 |
| 6-8 |  ≤ 1,360 |  ≤ 1,035 |
| 9-12 |  ≤ 1,420 |  ≤ 1,080 |

**National School Breakfast Program - Sodium Timeline and Limits**

| **Age/Grade Group** | **Target 1: July 2014 (mg)** | **Target 2: July 2024 (mg)** |
| --- | --- | --- |
| K-5 |  ≤ 540 |  ≤ 485 |
| 6-8 |  ≤ 600 |  ≤ 535 |
| 9-12 |  ≤ 640 |  ≤ 570 |

Sodium limits apply to the average meal offered during the week; it does not apply per day or per meal.

If you have any questions, please contact the regional specialist assigned to your school division.

JFL/SCC/bdb