

Sodium Limits and Timeline

Source: [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#)

The following charts detail the sodium limits published in the final rule. The final rule provides schools plenty of time to gradually reduce the amount of sodium in school meals. For the next three school years, schools will maintain Target 1A for lunch and Target 1 for breakfast. By school year 2027-28, schools will need to implement the new sodium limits, which are averaged over the course of the week. USDA recommends schools begin to gradually reduce sodium at lunch and breakfast prior to the implementation deadline.

National School Lunch Program

Age/Grade Group	Current Sodium Limit (Target 1A): Through June 30, 2027	Sodium Limit: Beginning July 1, 2027
Grades K-5 or K-8	≤1,110 mg	≤935 mg
Grades 6-8	≤1,225 mg	≤1,035 mg
Grades 9-12	≤1,280 mg	≤1,080 mg

School Breakfast Program

Age/Grade Group	Current Sodium Limit (Target 1): Through June 30, 2027	Sodium Limit: Beginning July 1, 2027
Grades K-5 or K-8	≤540 mg	≤485 mg
Grades 6-8	≤600 mg	≤535 mg
Grades 9-12	≤640 mg	≤570 mg