



## Products that Easily Meet Sodium-Reduction Targets for School Meals

In 2010, the Healthy, Hunger-Free Kids Act (HHFKA) made the first major improvements to school meal nutrition in 15 years. The updated standards, set in 2012, aligned school meals with the latest nutrition science, established by the Dietary Guidelines for Americans and the National Academy of Sciences. Thanks to the updated school nutrition standards, schools are providing children with healthier school meals, snacks, and beverages.

Importantly, the updated standards set sodium limits for school meals based on grade group to align school meals with safe amounts of sodium. Schools were working to gradually decrease sodium in breakfast and lunch over three implementation periods until the 2022-2023 school year. Virtually all schools are meeting Target 1. In 2018, the U.S. Department of Agriculture delayed the second sodium target by seven years and eliminated the final target, contrary to the law.

### **Breakfast and Lunch Sodium Targets (based off average over the school week)**

Grade Group	Target 1 (mg) HHFKA Deadline: SY 2014-2015	Target 2 (mg) HHFKA Deadline: SY 2017-2018 New Deadline: SY 2024-2025	Target 3 (mg) HHFKA Deadline: SY 2022-2023 Eliminated in Final Rule
<b>Breakfast</b>			
K-5	≤ 540	≤ 485	≤ 430
6-8	≤ 600	≤ 535	≤ 470
9-12	≤ 640	≤ 570	≤ 500
<b>Lunch</b>			
K-5	≤ 1,230	≤ 935	≤ 640
6-8	≤ 1,360	≤ 1,035	≤ 710
9-12	≤ 1,420	≤ 1,080	≤ 740

Even though the federal government weakened the standards nationally, schools and companies can do right by their students and remain committed to reducing sodium. Schools have been working hard to create compliant meals and companies have reformulated and developed new products that taste great to kids and meet the second or third sodium targets.

The following contains a sampling of products that can easily fit into a meal pattern that meets the second and third sodium-reduction targets.



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### [AdvancePierre Foods](#)



AdvancePierre Foods's *Smart Picks* line provides whole grain and reduced sodium and fat options for K-12.<sup>1</sup>

- [Smart Picks Beef Crumbles \(250mg\)](#)
- [Smart Picks Flame Grilled Beef Pattie with Low Sodium \(85mg\)](#)
- [Smart Picks Flame Grilled Chopped Beef Steak \(260mg\)](#)
- [Smart Picks Chicken Breast Strips, Fajita Flavor \(340mg\)](#)

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### [Bake Crafters](#)



Bake Crafters has a wide range of whole grain-rich breads that have less than 150mg of sodium. Their products can be searched by sodium content, making it easy to find the right products for school menus.<sup>2</sup>

- [Bread Sticks \(65mg\)](#)
- [Buttermilk Biscuit \(130mg\)](#)
- [Dinner Roll, Proof and Bake \(75mg\)](#)
- [Cornbread, Mini Loaf \(90mg\)](#)

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### [Basic American Foods](#)

**BASIC AMERICAN FOODS**™

Basic American Foods has over 10 low sodium potato products to choose from, as well as good plant-based sources of proteins such as beans.

- [Santiago Smart Servings Vegetarian Refried Beans – Low Sodium \(135mg\)](#)
- [Santiago Quick-Start Vegetarian Chili with Red Beans \(270mg\)](#)
- [Scalloped Potato Casserole \(200mg\)](#)
- [Golden Grill Seasoned Hashbrowns \(170mg\)](#)

## [Campbell's](#)



All of Campbell's *Healthy Request* soups have 410mg sodium per serving. Campbell's also offers a variety of variety of sauces and entrées.<sup>3</sup>

- [Campbell's Healthy Request Chicken with Egg Noodles Soup \(410mg\)](#)
- [Campbell's Signature Healthy Request Harvest Tomato with Basil Soup \(410 mg\)](#)
- [Pace Chunky Salsa – Mild \(230mg\)](#)
- [Prego Tomato Basil & Garlic Pasta Sauce \(420mg\)](#)

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## [ConAgra Foods](#)



The Max uses a white whole wheat flour called Ultragrain for pizzas lower in sodium that are perfect options for K-12.<sup>4</sup>

- [The MAX 2x6 Breakfast Pizzazz Whole Grain Sausage \(350mg\)](#)
- [The MAX 5" Luncharound Pepperoni, Reduced Fat, Whole Grain Pizza \(530mg\)](#)
- [The MAX MAXSNAX BBQ Chicken Quesadilla, Whole Grain \(400mg\)](#)
- [The MAX MAXSTIX Cheese Filled Breadsticks, Whole Grain \(280mg\)](#)



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### [Domino's](#)



Domino's Smart Slice Pizza has a whole grain-rich crust, 50% less sodium than in Domino's traditional pepperoni, and 100mg less sodium than standard lite mozzarella cheese to meet into USDA regulations.<sup>5</sup>

- [Smart Slice Cheese Pizza \(480mg\)](#)
- [Smart Slice Pepperoni Pizza \(510mg\)](#)

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### [Foothill Farms](#)



Foothill Farm's Flavorwise™ products have 310mg or less of sodium to allow schools to easily add flavor to meals while keeping sodium down.<sup>6</sup>

- [Premium Reduced Sodium Taco Seasoning Mix \(270mg\)](#)
- [Reduced Sodium Spaghetti/Pizza Sauce Mix \(290mg\)](#)
- [Asian Stir Fried Rice Seasoning Mix \(300mg\)](#)
- [Reduced Sodium Chili Seasoning Mix \(220mg\)](#)
- [Whole Grain Spanish Brown Rice Mix \(290mg\)](#)

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### [High Liner Foods](#)



The variety of CN labelled seafood products with low sodium levels by High Linter Foods can easily be integrated into school meals.

- [VK Salmon Bites with Sweet Asian Sauce \(270mg\)](#)
- [Simply Sauce WG Breaded Shrimp Poppers \(340mg\)](#)
- [WG Breaded Alaska Pollock Fillet \(230mg\)](#)

## Jennie-O



Jennie-O carries several turkey products – from meat sauce to taco crumbles - that can fit within sodium requirements for school meals.

- 218504 – GC Reduced Sodium Raw Petite Turkey Breast Roast (240mg)
- 230224 – All Natural Uncured Turkey Ham Steak (350mg)
- 285328 – Turkey Spaghetti Sauce White & Dark Meat (420mg)
- 612620 - Reduced Sodium Smoked Uncured Turkey Frank (260mg)
- 614710 – Turkey Meatloaf Slices (320mg)
- 616630 – Savory All Natural Turkey Burger (410mg)
- 639840 – Turkey Taco Crumbles (370mg)
- 611818 – All Natural Uncured White Turkey Frank (360mg)



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## JTM Food Group



JTM provides many lower sodium options for schools and through their Assault on Sodium program used 150,000 less pounds of salt in their products in 2016.<sup>7</sup>

- [Premium Salisbury Steak with Mushrooms \(147mg\)](#)
- [Value Mac and Cheese \(441mg\)](#)
- [Value Turkey Sloppy Joe \(320mg\)](#)
- [Mini Turkey Corn Dogs \(365mg\)](#)

## Mars



Mars offers a variety of whole grain rich products with <230 mg sodium per ½ cup serving.

- [UNCLE BEN'S Whole Grain Brown Rice \(0mg\)](#)
  - [UNCLE BEN'S Roasted Chicken Flavored Brown Rice \(215mg\)](#)
  - [UNCLE BEN'S Asian Style Brown Rice \(205mg\)](#)
  - [UNCLE BEN'S Whole Grain Brown Rice Red Pepper & Quinoa \(185mg\)](#)
  - [UNCLE BEN'S INTERNATIONAL GRAINS® 100% Wild Rice \(0mg\)](#)
  - [UNCLE BEN'S INTERNATIONAL GRAINS® Quinoa & Ancient Grains Medley \(0mg\)](#)
  - [UNCLE BEN'S Whole Grain Brown Rice & Quinoa \(0mg\)](#)
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## McCain



McCain provides many potato products that have low sodium content and would make great sides to meals.

- [Bakeable Regular Crinkle Cut Fries \(160mg\)](#)
  - [Ore-Ida Reduced Sodium Tater Tots \(200mg\)](#)
  - [McCain Hash Brown Rounds \(105mg\)](#)
  - [Chopped Seasoned Skin-On Roasted Potato \(110mg\)](#)
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## National Food Group



National Food Group is a USDA approved commodity processor and offers entrées and breads that are low in sodium.<sup>8</sup>

- [Bread, Whole Wheat \(105mg\)](#)
- [Southwest Chicken Burger \(260mg\)](#)
- [Cheese Lasagna Roll-Up \(250mg\)](#)



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### [Revolution Foods](#)

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Revolution Foods offers a variety of chef-created, kid-approved options that meet sodium requirements.<sup>9</sup>

- Mild Green Chile & Cheese Tamale with Seasoned Black Beans and Brown Rice (238mg)
- Jerk Drumstick & Pineapple Carrot Brown Rice (270mg)
- Southwest Veggie Wrap with Ranch Dressing (332mg)
- Ranchero Beef Rice Bake (400mg)
- Chicken Teriyaki with Carrot Brown Rice (330mg)



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### [Rich's](#)



Rich's Foodservice offerings range from bread doughs to cheese products to meats. There are plenty of lower sodium options to accommodate K-12 standards.

- [Casa Di Bertacchi Low Sodium Meatballs \(260mg\)](#)
- [Farm Rich Reduced Sodium Breaded Mozzarella Cheese Sticks Made with Whole Grain \(170mg\)](#)
- [5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough \(140mg\)](#)
- [Biscuit Dough with Whole Grain, Reduced Sodium, and Reduced Fat \(370mg\)](#)

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### [Schwan's](#)



From Asian style foods to pizza, Schwan is dedicated to providing meals that meet national school meal standards.<sup>10</sup>

- [Minh Orange Chicken Stir Fry Kit \(190mg\)](#)
- [Minh Vegetable Egg Roll \(150mg\)](#)
- [Tony's WG Cheese, Sausage, and Country Gravy Breakfast Pizza \(330mg\)](#)
- [Tony's Smartpizza WG 4x6 Sausage Pizza, 100% Mozzarella \(470mg\)](#)
- [Big Daddy's Primo WG Pre-Sliced Rising Crust Four Cheese Pizza \(490mg\)](#)

## [Shady Brook Farms](#)



Shady Brook Farms offers reduced sodium meat options to be incorporated into dishes or served in sandwiches.

- [Sliced Oven Roasted Turkey Breast – Reduced Sodium \(420mg\)](#)
- [Turkey Franks \(320mg\)](#)
- [Colossal Drummettes \(280mg\)](#)
- [Turkey Patties \(250mg\)](#)

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## [Simplot Foods](#)



Simplot sells a range of staples, such as grains and vegetables that are minimally seasoned so that schools can add their own flavorings to keep sodium levels low.

- [Traditional Reduced Sodium Tater Gems \(230mg\)](#)
- [SeasonedCrisp Reduced Sodium 5/16"x3/8" \(180mg\)](#)
- [RoastWorks Roasted Mediterranean Blend \(210mg\)](#)
- [Farmhouse Originals Plain Mashed Potatoes \(20mg\)](#)

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## [Sunny Fresh](#)



Breakfast is covered with Sunny Fresh's many savory options, including egg products that are low in sodium.

- [Grilled Scrambled Egg Patty \(125mg\)](#)
- [Fiesta Cheese Omelet \(270mg\)](#)
- [Turkey, Sausage, and Cheese Eggstravaganza \(230mg\)](#)
- [Hard Cooked Chef Grade Egg \(55mg\)](#)



## Tyson



Tyson has over 550 products that meet fat, sodium, and calorie standards for school meals, providing many chicken options that are suitable for K-12 foodservice.<sup>11</sup>

- [Fully Cooked Chicken Sausage Patties \(250mg\)](#)
  - [Fully Cooked Whole Grain Breaded Chicken Nuggets \(260mg\)](#)
  - [Whole Grain Golden Crispy Chicken Breast Filet \(290mg\)](#)
  - [Wei Café Chicken Chunks with Sweet & Sour Sauce \(270mg\)](#)
  - [Low Sodium Chicken Crumbles \(75mg\)](#)
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## Uno Foods



Uno Foods offers low sodium pizzas along with a sweet potato crust to help schools meet the Child Nutrition Meal Pattern Requirement.

- [Whole Grain Low Sodium Cheese Pizza \(290mg\)](#)
- [Whole Grain Low Sodium Pepperoni Pizza \(400mg\)](#)
- [Whole Grain Low Sodium Sweet Potato Crust Cheese Pizza \(290mg\)](#)



### USDA Meat/Meat Alternatives

- [Canned Red Kidney Beans, Low Sodium \(140mg\)](#)
- [Beef, Fine Ground, 85/15 Frozen \(25mg\)](#)
- [Sunflower Seed Butter \(120mg\)](#)
- [Turkey, Deli Breast, Sliced \(214mg\)](#)

### USDA Vegetables

- [Spaghetti Sauce, Meatless, Low Sodium \(125mg\)](#)
- [Canned Beans, Vegetarian, Baked in Sauce, Low Sodium \(140mg\)](#)
- [Low Sodium Salsa \(140mg\)](#)
- [Sweet Potato Crinkle Cut Fries, Low Sodium, Frozen \(125mg\)](#)

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### References

<sup>1</sup> <http://apfk12.com/About-Us/>

<sup>2</sup> [https://bakecrafters.com/products#search?cats=300+630+670+680+780&industry=schools&sodium\\_max=150&wgr=1](https://bakecrafters.com/products#search?cats=300+630+670+680+780&industry=schools&sodium_max=150&wgr=1)

<sup>3</sup> <https://www.whatsinmyfood.com/product/healthy-request/>

<sup>4</sup> <https://www.conagrabrands.com/news-room/news-conagra-foods-the-max-school-lunch-pizza-with-ultragrain-wins-2005-spirit-of-innovation-award-from-prepared-foods-769533>

<sup>5</sup> <https://biz.dominos.com/web/public/school-lunch/nutrition>

<sup>6</sup> [http://www.foothillfarms.com/k12/about\\_flavorwise.cfm](http://www.foothillfarms.com/k12/about_flavorwise.cfm)

<sup>7</sup> <https://www.jtmfoodgroup.com/uploadIMG/moxie/PDFS/School%20ProdGde%20001S%200517.pdf>

<sup>8</sup> <https://www.nationalfoodgroup.com/food-programs/commodity-processing-program>

<sup>9</sup> <https://www.revolutionfoods.com/our-food/>

<sup>10</sup> <https://www.schwanscompany.com/social-responsibility/health-and-wellness.htm>

<sup>11</sup> <https://www.tysonustainability.com/food/consumer-nutrition>