Before the new lunch standards, high schoolers were typically offered 857 calories per lunch. But they only took 787 calories. So, how is the 850 calorie maximum starving kids?

23 million children and teens are overweight or obese. Not all students are linebackers, we shouldn’t feed them like they are.

The new school lunches offer more fruits, vegetables and whole grains, and less of things that contribute to poor health like saturated and trans fats and salt.