

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**

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

**Not all students are linebackers, we shouldn't feed them like they are**