

New school lunch menu guidelines passed down from the Agriculture Department will be in full effect this year. Though broader calorie limits are still in place, the rules will allow school lunch planners to use as many grains and as much meat as they want. The La Crosse School District's Joni Ralph likes the changes.

[\(Click for Audio\)](#)

The new guidelines were intended to address increasing childhood obesity levels. They set limits on calories and salt, and phase in more whole grains. Schools must offer at least one vegetable or fruit per meal. The Ag department also dictated how much of certain food groups could be served.