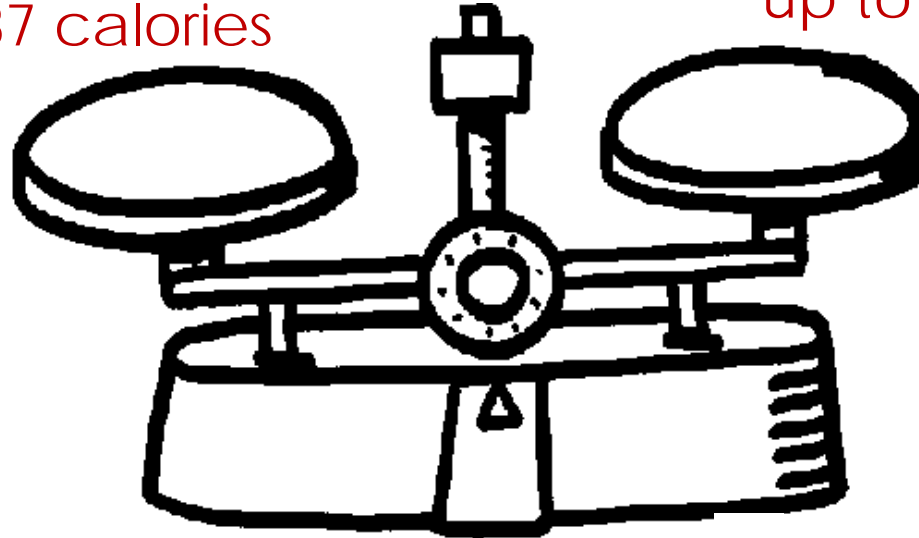# Do the new school lunches provide enough calories for kids?

Before the new standards, high schools were offered 857 calories per lunch

Back then students only took 787 calories

Now schools can offer up to 850 calories

Recommended calorie intake for 14-18 years old is 1800-2200 calories a day (depending on activity level and gender)

Seems like the new school lunch standards are right on track

For more information visit schoolfoods.org/back2school