

**Vote “NO” on Republican Efforts to Make School Meals Less Healthy**  
*Republicans want to make school meals unhealthy by ignoring the latest science and prioritizing special interest groups over hungry children.*

School meal programs are critical in reducing child hunger and providing children with the healthy food they need. Milk offered as part of school meals can help deliver key nutrients, so we must provide students with the most nutritious options. The science-based Dietary Guidelines for Americans (DGAs) inform child nutrition standards for school meals, including milk options. The DGAs are periodically updated based on recommendations from child nutrition experts and the public.

The latest DGAs—along with the American Heart Association, American Academy of Pediatrics, Physicians Committee for Responsible Medicine, Academy of Nutrition and Dietetics, Center for Science in the Public Interest, American Public Health Association, National WIC Association, National Association of Pediatric Nurse Practitioners and [other public health advocates](#)—make clear that fat-free and low-fat milk are the healthiest options for children two years and older.

Guided by the [science](#) on the harms of saturated fat, the DGAs [recommend](#) switching to fat-free or low-fat milk to limit saturated fat consumption.

- Whole milk contains far more saturated fat, cholesterol, and calories than fat-free and low-fat milk.
- Saturated fat from whole milk can contribute to early childhood heart disease.
- Fat-free and low-fat milk offers the same vital nutrients as calcium, vitamin D, vitamin A, protein, and potassium as whole milk.

The [Whole Milk for Healthy Kids Act of 2025](#) (H.R. 649), introduced by Rep. Glenn Thompson (PA-15), makes school meals less healthy by ignoring the latest child nutrition science and adding whole and reduced-fat milk to school meal offerings. This would increase the total saturated fat content of school meals, currently capped at less than 10 percent of total calories per week, and allow whole milk to be served in schools for the first time [since 2012](#). H.R. 649 would also undermine the Biden Administration’s [final rule](#) to align school nutrition standards with the latest science and continue Republican efforts of prioritizing special interests over public health.

Despite the strong science behind current nutrition standards, Congressional Republicans have politicized the issue, including standards for milk options in school meals. This effort goes against the dairy industry’s recent [commitment](#) to ensure students have access to the healthiest dairy options consistent with the federal DGAs.

**Important Context:** Although school meals are one of the most important programs we have for reducing child hunger, Congressional Republicans still plan to make [harmful cuts](#) to them to pay for their tax cuts, which would benefit the wealthy and the well-connected.