

Required Grade Nutrient Standards - Lunch

Calorie and Nutrient Levels for School Lunch (school week averages)				
	Pre-school	Grades K-6	Grades 7-12	Grades K-3 Option
Energy Allowances (calories)	517	664	825	633
Total fat (g)	17	22	28	21
Total saturated fat (g)	6	7	9	7
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15

Total fat not to exceed 30 percent over a school week
 Saturated fat to be less than 10 percent over a school week
 The grams of fat will vary depending on actual level of calories

Required Grade Nutrient Standards - Breakfast

Calorie and Nutrient Levels for School Breakfast (school week averages)			
	Pre-school	Grades K-12	Option Grades 7-12
Energy Allowances (calories)	388	554	618
Total fat (g)	13	18	21
Total saturated fat (g)	4	6	7
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

Total fat not to exceed 30 percent over a school week
 Saturated fat to be less than 10 percent over a school week
 The grams of fat will vary depending on actual level of calories