

**LUNCH**  
**REQUIRED NUTRIENT STANDARDS**  
**NUTRIENT STANDARD MENU PLANNING (NSMP)**

<b>GRADE GROUPS</b>		<b>AGE GROUPS</b>							
<b>Grade Group:</b>	<b>Preschool</b>	<b>Grades K-6</b>	<b>Grades 7-12</b>	<b>Grades K-3 Optional</b>	<b>Age Group:</b>	<b>Aged 3-6</b>	<b>Aged 7-10</b>	<b>Aged 11-13</b>	<b>Aged 14 and Older</b>
<b>Energy Allowances</b> (Calories = cal.)	517 cal.	664 cal.	825 cal.	633 cal.		558 cal.	667 cal.	783 cal.	846 cal.
<b>Protein</b> (Grams = g)	7 g	10 g	16 g	9 g		7.3 g	9.3 g	15 g	16.7 g
<b>Calcium</b> (Milligrams = mg)	267 mg	286 mg	400 mg	267 mg		267 mg	267 mg	400 mg	400 mg
<b>Iron</b> (Milligrams = mg)	3.3 mg	3.5 mg	4.5 mg	3.3 mg		2.5 mg	2.5 mg	3.4 mg	3.4 mg
<b>Vitamin A</b> (Retinol Equivalents = RE)	150 RE	224 RE	300 RE	200 RE		158 RE	233 RE	300 RE	300 RE
<b>Vitamin C</b> (Milligrams = mg)	14 mg	15 mg	18 mg	15 mg		14.6 mg	15 mg	16.7 mg	19.2 mg
<b>Total Fat</b>	No more than 30 percent of total calories should come from fat.					No more than 30 percent of total calories should come from fat.			
<b>Saturated Fat</b>	Less than 10 percent of total calories should come from saturated fat.					Less than 10 percent of total calories should come from saturated fat.			
<b>Remember these important points:</b> (1) This chart shows <i>minimum school week averages</i> for nutrients, except for fat and saturated fat. (2) Fat should not exceed 30 percent of calories over a school week, and <b>SATURATED</b> fat should be less than 10 percent of calories over a school week. In addition, be aware that, for both total fat and saturated fat, the grams of fat will vary, depending on the caloric level.					<b>Remember these important points:</b> (1) This chart shows <i>minimum school week averages</i> for nutrients, except for fat and saturated fat. (2) Fat should not exceed 30 percent of calories over a school week, and <b>SATURATED</b> fat should be less than 10 percent of calories over a school week. In addition, be aware that, for both total fat and saturated fat, the grams of fat will vary, depending on the caloric level.				

**BREAKFAST  
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<b>GRADE GROUPS</b>		<b>AGE GROUPS</b>					
<b>Grade Group:</b>	<b>Preschool</b>	<b>Grades K-12</b>	<b>Grades 7-12 Optional</b>	<b>Aged 3-6</b>	<b>Aged 7-10</b>	<b>Aged 11-13</b>	<b>Aged 14 and Older</b>
<b>Energy Allowances</b> (Calories = cal.)	388 cal.	554 cal.	618 cal.	419 cal.	500 cal.	588 cal.	625 cal.
<b>Protein</b> (Grams = g)	5 g	10 g	12 g	5.50 g	7.00 g	11.25 g	12.50 g
<b>Calcium</b> (Milligrams = mg)	200 mg	257 mg	300 mg	200 mg	200 mg	300 mg	300 mg
<b>Iron</b> (Milligrams = mg)	2.5 mg	3.0 mg	3.4 mg	2.5 mg	2.5 mg	3.4 mg	3.4 mg
<b>Vitamin A</b> (Retinol Equivalents = RE)	113 RE	197 RE	225 RE	119 RE	175 RE	225 RE	225 RE
<b>Vitamin C</b> (Milligrams = mg)	11 mg	13 mg	14 mg	11.00 mg	11.25 mg	12.50 mg	14.40 mg
<b>Total Fat</b>	No more than 30 percent of total calories should come from fat.						
<b>Saturated Fat</b>	Less than 10 percent of total calories should come from saturated fat.						
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