

Required Grade Nutrient Standards for School Breakfast Program

Nutrients and energy allowances	Preschool	Grades K-12	Option Grades 7-12
Energy Allowances/Calories	388	554	618
Total Fat (g) ³	13 ¹	18 ¹	21 ¹
Saturated Fat (g) ³	4 ²	6 ²	7 ²
RDA for Protein (g)	5	10	12
RDA for Calcium (mg)	200	257	300
RDA for Iron (mg)	2.5	3.0	3.4
RDA for Vitamin A (RE)	113	197	225
RDA for Vitamin C (mg)	11	13	14

¹ Total fat not to exceed 30 percent over a school week.

² Saturated fat to be less than 10 percent over a school week.

³ The grams of fat will vary depending on the actual level of calories offered.

Required Grade Nutrient Standards for National School Lunch Program

Minimum Calorie and Nutrient Levels (school week averages for grade groups)

Nutrients and energy allowances	Pre-School	Grades K-6	Grades 7-12	Grades K-3 Option
Energy Allowances/Calories	517	664	825	633
Total Fat (g) ³	17 ¹	22 ¹	28 ¹	21 ¹
Saturated Fat (g) ³	6 ²	7 ²	9 ²	9 ²
RDA for Protein (g)	7	10	16	9
RDA for Calcium (mg)	267	286	400	267
RDA for Iron (mg)	3.3	3.5	4.5	3.3
RDA for Vitamin A (RE)	150	224	300	200
RDA for Vitamin C (mg)	14	15	18	15

¹ Total fat not to exceed 30 percent over a school week.

² Saturated fat to be less than 10 percent over a school week.

³ The grams of fat will vary depending on the actual level of calories offered.