

USDA Nutrient Standards for Breakfast and Lunch

Nutrient Standards	Required Standards																								
Calories	<p>Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) 600-650 (grades K-8 overlap)</p> <p>Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12) 400-500 (grades K-8 overlap) 450-500 (grades K-12 overlap) 450-550 (grades 6-12 overlap)</p> <p>Calorie ranges listed are minimums and maximums. Only food-based menu planning is allowed.</p>																								
Sodium	<p>Target 1: SY 2014-15</p> <table border="1" data-bbox="597 846 1360 1020"> <thead> <tr> <th data-bbox="597 846 1013 877">Lunch</th> <th data-bbox="1013 846 1360 877">Breakfast</th> </tr> </thead> <tbody> <tr> <td data-bbox="597 877 1013 909">≤1230mg (K-5)</td> <td data-bbox="1013 877 1360 909">≤540mg (K-5)</td> </tr> <tr> <td data-bbox="597 909 1013 940">≤1360mg (6-8)</td> <td data-bbox="1013 909 1360 940">≤600mg (6-8)</td> </tr> <tr> <td data-bbox="597 940 1013 972">≤1420mg (9-12)</td> <td data-bbox="1013 940 1360 972">≤640mg (9-12)</td> </tr> </tbody> </table> <p>Please note: For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.</p> <p>Target 2: SY 2017-18</p> <table border="1" data-bbox="597 1257 1360 1432"> <thead> <tr> <th data-bbox="597 1257 1013 1289">Lunch</th> <th data-bbox="1013 1257 1360 1289">Breakfast</th> </tr> </thead> <tbody> <tr> <td data-bbox="597 1289 1013 1320">≤935mg (K-5)</td> <td data-bbox="1013 1289 1360 1320">≤485mg (K-5)</td> </tr> <tr> <td data-bbox="597 1320 1013 1352">≤1035mg (6-8)</td> <td data-bbox="1013 1320 1360 1352">≤535mg (6-8)</td> </tr> <tr> <td data-bbox="597 1352 1013 1383">≤1080mg (9-12)</td> <td data-bbox="1013 1352 1360 1383">≤570mg (9-12)</td> </tr> </tbody> </table> <p>Final Target: SY 2022-23</p> <table border="1" data-bbox="597 1493 1360 1661"> <thead> <tr> <th data-bbox="597 1493 1013 1524">Lunch</th> <th data-bbox="1013 1493 1360 1524">Breakfast</th> </tr> </thead> <tbody> <tr> <td data-bbox="597 1524 1013 1556">≤640mg (K-5)</td> <td data-bbox="1013 1524 1360 1556">≤430mg (K-5)</td> </tr> <tr> <td data-bbox="597 1556 1013 1587">≤710mg (6-8)</td> <td data-bbox="1013 1556 1360 1587">≤470mg (6-8)</td> </tr> <tr> <td data-bbox="597 1587 1013 1619">≤740mg (9-12)</td> <td data-bbox="1013 1587 1360 1619">≤500mg (9-12)</td> </tr> </tbody> </table>	Lunch	Breakfast	≤1230mg (K-5)	≤540mg (K-5)	≤1360mg (6-8)	≤600mg (6-8)	≤1420mg (9-12)	≤640mg (9-12)	Lunch	Breakfast	≤935mg (K-5)	≤485mg (K-5)	≤1035mg (6-8)	≤535mg (6-8)	≤1080mg (9-12)	≤570mg (9-12)	Lunch	Breakfast	≤640mg (K-5)	≤430mg (K-5)	≤710mg (6-8)	≤470mg (6-8)	≤740mg (9-12)	≤500mg (9-12)
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Saturated Fat	<10% of total calories																								
Trans Fat	The Nutrition Facts label must state “0” grams per serving. Note: The FDA allows products with less than 0.5 gram per serving to be listed as “0.”																								

The ranges listed above for calories, sodium and saturated fat represent weekly averages. The value of 0 grams of trans fat is a daily requirement.