

Nutrient Standards According to Established Age Groups NuMenus/Assisted NuMenus

BREAKFAST

Age/Grade Group:	Ages 3-6	Ages 7-10	Ages 11-13	Ages 14 ↑
Energy Allowance (Calories)	419 calories	500 calories	588 calories	625 calories
Protein (grams)	5.50 grams	7.00 grams	11.25 grams	12.50 grams
Calcium (milligrams)	200 mg	200 mg	300 mg	300 mg
Iron (milligrams)	2.5 mg	2.5 mg	3.4 mg	3.4 mg
Vitamin A (RE)	119 RE	175 RE	225 RE	225 RE
Vitamin C (milligrams)	11.00 mg	11.25 mg	12.50 mg	14.40 mg
Sodium	600 mg	600 mg	600 mg	600 mg
Cholesterol	75 mg	75 mg	75 mg	75 mg
Fiber	4.19 g	5.00 g	5.88 g	6.25 g
Total Fat	No more than 30% of calories should come from fat.			
Saturated Fat	Less than 10% of calories should come from saturated fat.			

* Standards for sodium, cholesterol, and fiber are based on recommendations from USDA Children's Nutrition Research Center and the National Research Council.

** The grams of fat and saturated fat will vary depending on the calorie level.

LUNCH

Age/Grade Group:	Ages 3-6	Ages 7-10	Ages 11-13	Ages 14 ↑
Energy Allowance (Calories)	558 calories	667 calories	783 calories	846 calories
Protein (grams)	7.3 g	9.3 g	15.0 g	16.7 g
Calcium (milligrams)	267 mg	286 mg	400 mg	400 mg
Iron (milligrams)	2.5 mg	2.5 mg	3.4 mg	3.4 mg
Vitamin A (RE)	158 RE	233 RE	300 RE	300 RE
Vitamin C (milligrams)	14.6 mg	15.0 mg	16.7 mg	19.2 mg
Sodium* (milligrams)	800 mg	800 mg	800 mg	800 mg
Cholesterol* (milligrams)	100 mg	100 mg	100 mg	100 mg
Fiber* (grams)	5.58 g	6.67 g	7.83 g	8.46 g
Total Fat **	No more than 30% of calories should come from fat.			
Saturated Fat **	Less than 10% of calories should come from saturated fat.			

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** The grams of fat and saturated fat will vary depending on the calorie level.