

Nutrition Standards for SCHOOL LUNCH

Requiring School Nutrition Programs to offer a colorful variety of vegetables each week ensures students can obtain a wide range of nutrients at school.

Ever wondered what the nutrition standards for school lunch are? Here are the National School Lunch Program nutrition standards for Grades 6-12.

FOOD COMPONENTS	GRADE 6-8	GRADE 9-12
Low Fat and Non Fat White Milk and Non Fat Flavored Milk (Providing flavored milk is a district level decision)	5 cups/week 1 cup daily	5 cups/week 1 cup daily
Proteins, often referred to as Meat or Meat Alternates <i>weekly minimum</i>	9-10 oz equivalent/week, 1 oz daily min.	10-12 oz equivalent/week 1 oz daily min.
Vegetables (total) <i>weekly minimum</i>	3¾ cups/week ¾ cup daily min.	5 cups/week 1 cup daily min.
Dark Green Vegetable Subgroup	½ cup/wk	½ cup/wk
Red/Orange Vegetable Subgroup	¾ cup/wk	1¼ cup/wk
Legumes Vegetable Subgroup	½ cup/wk	½ cup/wk
Starchy Vegetable Subgroup	½ cup/wk	½ cup/wk
Other Vegetable Subgroup	½ cup/wk	¾ cup/wk
Fruits <i>weekly minimum</i>	2½ cups/week ½ cup daily min.	5 cups/week 1 cup daily min.
Grains / Breads <i>weekly minimum</i>	8-10 oz equivalent/week, 1 oz daily min.	10-12 oz equivalent/week 1 oz daily min.
Minimum – Maximum Calories (kcal) <i>weekly average</i>	600 – 700	750 – 850
Saturated Fat (% of total calories) <i>weekly average</i>	<10%	<10%
Sodium* <i>weekly average</i>	≤1360 mg*	≤1360 mg*
Trans Fat	0 grams/serving	0 grams/serving

Go to the cafeteria! How many vegetables can you find?

- Dark Green vegetables include broccoli, spinach, romaine lettuce, and kale.
- Red/Orange vegetables include butternut squash, carrots, pumpkin, and tomatoes.
- Legumes include black beans, lentils, pinto beans, soy beans, and chickpeas.
- Starchy vegetables include corn, peas, and potatoes.

*These sodium limits currently apply through June 30, 2017. It is projected that the sodium targets will decrease by July 1, 2022.