

Nutrition Standards for

SCHOOL LUNCH

**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.

Ever wondered what the nutrition standards for school lunch are? Here are the National School Lunch Program nutrition standards for Grades K-5 effective 2014-2015.

FOOD COMPONENTS	GRADE K - 5
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)
Proteins, often referred to as Meat or Meat Alternates <i>weekly minimum</i>	8 oz equivalent/week (1 oz daily min.)
Vegetables (total) <i>weekly minimum</i>	3¾ cups/week (¾ cup daily min.)
Dark Green Vegetable Subgroup	½ cup/wk
Red/Orange Vegetable Subgroup	¾ cup/wk
Legumes Vegetable Subgroup	½ cup/wk
Starchy Vegetable Subgroup	½ cup/wk
Other Vegetable Subgroup	½ cup/wk
Fruits <i>weekly minimum</i>	½ cups/week (½ cup daily min.)
Grains / Breads (<i>weekly minimum</i>)	8 oz equivalent/week (1 oz daily min.)
Minimum – Maximum Calories (kcal) <i>weekly average</i>	550 – 650
Saturated Fat (% of total calories) <i>weekly average</i>	<10%
Sodium** <i>weekly average</i>	≤1230 mg*
Trans Fat	0 grams / serving

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