



THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY
12234-0055

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Food Based Menu Planning

(Nutrient Standards for Lunch)

Nutrient	Traditional			Enhanced		
	Standard Pre-K	Standard K-3	Standard 4-12	Standard Pre-K	Standard K-6	Standard 7-12
Calories (Kcal)	517	633	785	517	664	825
Cholesterol(mg)*	<150*	<150*	<150*	<150*	<150*	<150*
Sodium (mg)*	<1500*	<1500*	<1500*	<1500*	<1500*	<1500*
Fiber (g)*	5*	5*	5*	5*	5*	5*
Iron (mg)	3.3	3.3	4.2	3.3	3.5	4.5
Calcium (mg)	267	267	370	267	286	400
Vitamin A (RE)	150	200	285	150	224	300
Vitamin A (IU)	450	1000	1425	450	1120	1500
Vitamin C (mg)	14	15	17	14	15	18
Protein (g)	7	9	15	7	10	16
Carbohydrate (%)*	*	*	*	*	*	*
Total Fat (% Kcals)	≤30%	≤30%	≤30%	≤30%	≤30%	≤30%
Sat. Fat (% Kcals)	≤10%	≤10%	≤10%	≤10%	≤10%	≤10%

*There are no RDA standards established by the USDA for these nutrients, however the monitoring of these nutrients is required and NYS has developed targets at the State level for Cholesterol, Sodium and Fiber