

# **About Your School Meals**

School meals must meet the following nutrient standards over the course of the week.

## **Minimum Of The Recommended Dietary Allowances or RDA**

### **BREAKFAST**

1/4 of the RDA for:

Calories (554)  
Protein  
Calcium  
Iron  
Vitamin A  
Vitamin C

### **LUNCH**

1/3 of the RDA for:

Calories (825)  
Protein  
Calcium  
Iron  
Vitamin A  
Vitamin C

### **Maximums For Breakfast And Lunch For The Following:**

No more than 30% calories from fat.  
No More than 10% calories from saturated fat.