

Nutrient Standards for Breakfast for Schools Using Nutrient Standard Menu Planning (NSMP)
For Breakfast through June 30, 2013

Under Nutrient Standard Menu Planning, schools must plan breakfast meals that provide the following nutrients when averaged over a school week:

BREAKFAST RDAs (1/4)

NUTRIENTS	Ages 3-6 years	Ages 7-10 years	Ages 11-13 years	Ages 14-17 years
Calories	419	500	588	625
Protein (g)	5.5	7	11.25	12.5
Calcium (mg)	200	200	300	300
Iron (mg)	2.5	2.5	3.4	3.4
Vitamin A (RE)	119	175	225	225
Vitamin A (IU)	595	875	1125	1125
** Fat (g)				
Vitamin C (mg)	11	11.25	12.5	14.4
** Saturated Fat (g)				

** There are no RDAs for fat or saturated fat; menu planners will monitor the fat content of meals and the percentage of calories from fat and saturated. The nutrient standard for fat will be based on 30 percent of calories from fat. The nutrient standard for saturated fat will be based on 10 percent of calories from saturated fat. The fat and saturated fat standards will vary depending upon the amount of calories per meal; therefore, these columns have been left blank.

The following Breakfast– Standard RDA Data Sets are to be used to determine the RDAs for those schools whose age groupings do not correlate with the standard age groupings:

BREAKFAST RDAs (1/4)

	Calories	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (RE) (IU)		** Fat (g)	Vitamin C (mg)	Sat Fat (g)
Age 3	325	4	200	2.5	100	500		10	
Age 4	450	6	200	2.5	125	625		11.25	
Age 5	450	6	200	2.5	125	625		11.25	
Age 6	450	6	200	2.5	125	625		11.25	
Age 7	500	7	200	2.5	175	875		11.25	
Age 8	500	7	200	2.5	175	875		11.25	
Age 9	500	7	200	2.5	175	875		11.25	
Age 10	500	7	200	2.5	175	875		11.25	
Age 11	588	11.4	300	3.4	225	1125		12.5	
Age 12	588	11.4	300	3.4	225	1125		12.5	
Age 13	588	11.4	300	3.4	225	1125		12.5	
Age 14	588	11.4	300	3.4	225	1125		12.5	
Age 15	650	13	300	3.4	225	1125		15	
Age 16	650	13	300	3.4	225	1125		15	
Age 17	650	13	300	3.4	225	1125		15	

** There are not RDAs for fat or saturated fat.

Additional Grade Groups for NSMP for Breakfast:

Breakfast RDA (1/4)¹

Nutrients	K-12	7-12
CALORIES	554	618
PROTEIN (g)	10	12
IRON (mg)	3	3.4
CALCIUM (mg)	257	300
VITAMIN A (RE)	197	225
VITAMIN C (mg)	13	14
FAT (g) ²		
SATURATED FAT (g) ³		

¹ Original document contained superscript 2 at this location with no matching footnote.

² Not to exceed 30 percent over a school week.

³ Less than 10 percent over a school week.

AGE/GRADE CHART

GRADE	AGE
KINDERGARTEN (K)	5 YEARS
FIRST GRADE (1)	6 YEARS
SECOND GRADE (2)	7 YEARS
THIRD GRADE (3)	8 YEARS
FOURTH GRADE (4)	9 YEARS
FIFTH GRADE (5)	10 YEARS
SIXTH GRADE (6)	11 YEARS
SEVENTH GRADE (7)	12 YEARS
EIGHTH GRADE (8)	13 YEARS
NINTH GRADE (9)	14 YEARS
TENTH GRADE (10)	15 YEARS
ELEVENTH GRADE (11)	16 YEARS
TWELFTH GRADE (12)	17 YEARS