**What are the Nutritional Requirements for School Meals?**

Lunch must provide 1/3 of a student's daily needs for calories and key nutrients and breakfast must provide 1/4 of a student's daily needs for calories and key nutrients.

**Specific Nutrient Standards for School Meals:**

USDA Requirements

* Calories
* Fat
* Saturated Fat
* Protein
* Calcium
* Iron
* Vitamin A
* Vitamin C

Additional Wyoming Requirements

* Fiber
* Sodium
* Cholesterol

State and federal reviews are conducted to ensure that schools are meeting the nutrition requirements.

**School Nutrition Requirements for Reimbursable Lunches:**

School meals are nutrient analyzed and must meet specific requirements set by the USDA including:

* Must provide 1/3 or more of the RDA for calories, protein, calcium, iron, and Vitamins A
and C.
* Fat cannot exceed 30% of calories.
* Saturated fat must be less than 10% of calories.
* Sodium cannot exceed 2mg/Kcal
* Fiber must be at least 1g/100Kcals
* Cholesterol cannot exceed 100mg

**Nutrition Disclosure**
Depending on the menu planning system at your school: nutrient analysis may be available upon request.

**School Meals are Healthy Meals**

The 2001 School Nutrition Dietary Assessment-II (SNDA-II) found:

* 91 percent of secondary schools and 82 percent of elementary schools had the opportunity to select lunches that were consistent with dietary standards for fat and saturated fat.
* Two-thirds of all lunch menus offer more than the required two fruit and vegetable choices required by USDA regulations.
* School meals continue to meet or exceed virtually all of recommended daily allowances (RDA) for key nutrients analyzed for school breakfasts and lunches.