

**USDA Nutritional Guidelines
2016 - 2017 School Year**

	Breakfast		
School	Calories	Saturated Fat	Sodium
ECC/AES	350-500	<10%	<=540
*CCMS	400-500	<10%	<=540
CCHS	450-600	<10%	<=640

	Lunch		
Calories	Saturated Fat	Sodium	
550-650	<10%	<=1230	
600-650	<10%	<=1295	
750-850	<10%	<=1420	

* K-8 Overlap