

Age Group	Cals	G Protn	% Cals T-Fat	% Cals S-Fat	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C
<u>Standard RDA's</u>								
Breakfast: Age 3 (25% of RDA)	325.0	4.00	30.0%	10.0%	2.50	200.00	500.00	10.00
Breakfast: Age 4 (25% of RDA)	450.0	6.00	30.0%	10.0%	2.50	200.00	625.00	11.25
Breakfast: Age 5 (25% of RDA)	450.0	6.00	30.0%	10.0%	2.50	200.00	625.00	11.25
Breakfast: Age 6 (25% of RDA)	450.0	6.00	30.0%	10.0%	2.50	200.00	625.00	11.25
Breakfast: Age 7 (25% of RDA)	500.0	7.00	30.0%	10.0%	2.50	200.00	875.00	11.25
Breakfast: Age 8 (25% of RDA)	500.0	7.00	30.0%	10.0%	2.50	200.00	875.00	11.25
Breakfast: Age 9 (25% of RDA)	500.0	7.00	30.0%	10.0%	2.50	200.00	875.00	11.25
Breakfast: Age 10 (25% of RDA)	500.0	7.00	30.0%	10.0%	2.50	200.00	875.00	11.25
Breakfast: Age 11 (25% of RDA)	588.0	11.40	30.0%	10.0%	3.40	300.00	1125.00	12.50
Breakfast: Age 12 (25% of RDA)	588.0	11.40	30.0%	10.0%	3.40	300.00	1125.00	12.50
Breakfast: Age 13 (25% of RDA)	588.0	11.40	30.0%	10.0%	3.40	300.00	1125.00	12.50
Breakfast: Age 14 (25% of RDA)	588.0	11.40	30.0%	10.0%	3.40	300.00	1125.00	12.50
Breakfast: Age 15 (25% of RDA)	650.0	13.00	30.0%	10.0%	3.40	300.00	1125.00	15.00
Breakfast: Age 16 (25% of RDA)	650.0	13.00	30.0%	10.0%	3.40	300.00	1125.00	15.00
Breakfast: Age 17 (25% of RDA)	650.0	13.00	30.0%	10.0%	3.40	300.00	1125.00	15.00
Lunch: Age 3 (33% of RDA)	433.0	5.30	30.0%	10.0%	3.30	267.00	665.00	13.30
Lunch: Age 4 (33% of RDA)	600.0	8.00	30.0%	10.0%	3.30	267.00	835.00	15.00
Lunch: Age 5 (33% of RDA)	600.0	8.00	30.0%	10.0%	3.30	267.00	835.00	15.00
Lunch: Age 6 (33% of RDA)	600.0	8.00	30.0%	10.0%	3.30	267.00	835.00	15.00
Lunch: Age 7 (33% of RDA)	667.0	9.30	30.0%	10.0%	3.30	267.00	1165.00	15.00
Lunch: Age 8 (33% of RDA)	667.0	9.30	30.0%	10.0%	3.30	267.00	1165.00	15.00
Lunch: Age 9 (33% of RDA)	667.0	9.30	30.0%	10.0%	3.30	267.00	1165.00	15.00
Lunch: Age 10 (33% of RDA)	667.0	9.30	30.0%	10.0%	3.30	267.00	1165.00	15.00
Lunch: Age 11 (33% of RDA)	783.0	15.20	30.0%	10.0%	4.50	400.00	1500.00	16.70
Lunch: Age 12 (33% of RDA)	783.0	15.20	30.0%	10.0%	4.50	400.00	1500.00	16.70
Lunch: Age 13 (33% of RDA)	783.0	15.20	30.0%	10.0%	4.50	400.00	1500.00	16.70
Lunch: Age 14 (33% of RDA)	783.0	15.20	30.0%	10.0%	4.50	400.00	1500.00	16.70
Lunch: Age 15 (33% of RDA)	867.0	17.20	30.0%	10.0%	4.50	400.00	1500.00	20.00
Lunch: Age 16 (33% of RDA)	867.0	17.20	30.0%	10.0%	4.50	400.00	1500.00	20.00
Lunch: Age 17 (33% of RDA)	867.0	17.20	30.0%	10.0%	4.50	400.00	1500.00	20.00
<u>Modified RDA's</u>								
Breakfast: Age 3-6 (25% of RDA)	419.0	5.50	30.0%	10.0%	2.50	200.00	595.00	11.00
Breakfast: Age 7-10 (25% of RDA)	500.0	7.00	30.0%	10.0%	2.50	200.00	875.00	11.25
Breakfast: Age 11-13 (25% of RDA)	588.0	11.25	30.0%	10.0%	3.40	300.00	1125.00	12.50
Breakfast: Age 14-17 (25% of RDA)	625.0	12.50	30.0%	10.0%	3.40	300.00	1125.00	14.40
Breakfast: Grade K-12 (25% of RDA)	554.0	10.00	30.0%	10.0%	3.00	257.00	985.00	13.00
Breakfast: Grade 7-12 (25% of RDA)	618.0	12.00	30.0%	10.0%	3.40	300.00	1125.00	14.00
Breakfast: Ages 51+ (25% of RDA)	484.0	14.00	30.0%	10.0%	2.50	200.00	1125.00	15.00
Lunch: Age 3-6 (33% of RDA)	558.0	7.30	30.0%	10.0%	3.30	267.00	790.00	14.60
Lunch: Age 7-10 (33% of RDA)	667.0	9.30	30.0%	10.0%	3.30	267.00	1165.00	15.00
Lunch: Age 11-13 (33% of RDA)	783.0	15.00	30.0%	10.0%	4.50	400.00	1500.00	16.70
Lunch: Age 14-17 (33% of RDA)	846.0	16.70	30.0%	10.0%	4.50	400.00	1500.00	19.20
Lunch: Grade K-6 (33% of RDA)	664.0	10.00	30.0%	10.0%	3.50	286.00	1120.00	15.00
Lunch: Grade 7-12 (33% of RDA)	825.0	16.00	30.0%	10.0%	4.50	400.00	1500.00	18.00
Lunch: Grade K-3 (33% of RDA)	633.0	9.00	30.0%	10.0%	3.30	267.00	1000.00	15.00
Lunch: Ages 51+ (33% of RDA)	644.0	19.00	30.0%	10.0%	3.30	266.00	1330.00	20.00