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Desserts included only if needed for calories. Grain based desserts must be credited as a grain component; a maximum of 2 oz. eq. of grain based desserts may be menued per week.

**SODIUM ALLOWANCE:** Offer lunch menus that supply a weekly average of no more than the maximum sodium level for Grades 6-8.

**SATURATED FAT ALLOWANCE:** On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.