

Sodium Budgeting for Breakfast

Component	Estimated Sodium Range (mg)
Fruit, 1 cup	10 – 20
Milk, 1 cup	165
Grains	200 – 300



Calorie Budgeting for Breakfast

Component	Calorie Range
Fruit, 1 cup	100 – 160
Milk, 1 cup	120 – 125
Grains, 2 oz. eq.	200 – 300



Sodium Budgeting for Lunch

Component	K-8 Estimated sodium range (mg)	9-12 Estimated sodium range (mg)
Fruit, ½ - 1 cup	10 - 20	10 - 20
Milk, 1 cup	165	165
No-salt added vegetables ¾ - 1 cup	20 - 100	20 - 100
M/MA & Grains	400 - 800	400 - 1000
Condiments	200 - 300	200 - 500



Calorie Budgeting for Lunch

Component	Estimated Calorie Range K-8 Lunch	Estimated Calorie Range 9-12 Lunch
Fruit	50 – 80	100 – 160
Milk	120 – 125	120 – 125
Vegetables	40 – 100	60 – 150
M/MA & Grains	300 – 400	400 – 500
Condiments	50 – 80	50 – 80

