Daily Amount Based on the Average for a 5 day Week	K-5	6-8	9-12	
Min-Max Clories	550-650	660-700	750-850	
Saturated fat (% of total calories)	<10%	<10%	<10%	
Trans fat	(	)	0	0
Sodium	<= 1,230	<=1360	<=1420	