



# COLORADO DEPARTMENT *of* EDUCATION

## OFFICE OF SCHOOL NUTRITION

1580 Logan, Suite 760 • Denver, Colorado 80203  
303-866-6661 • 303-866-6133 • www.cde.state.co.us

**Robert K. Hammond**  
Commissioner of Education

**Keith Owen, Ph.D.**  
Deputy Commissioner

TO: Food Service Directors and Main Nutrition Contacts  
FROM: Jane Brand, Director, Office of School Nutrition  
DATE: March 27, 2014  
SUBJECT: Colorado Nutrient Standards for School Meals

The Office of School Nutrition (OSN) currently requires that all School Food Authorities (SFAs) abide by standards for cholesterol, sodium, and fiber for both the School Breakfast Program (SBP) and National School Lunch Program (NSLP). These standards include the following:

### BREAKFAST

Nutrient	Preschool	Grades K-12	Grades 7-12 (Optional)
Cholesterol (mg)	75*	75	75
Sodium** (mg)	600	600	600
Fiber (g)	1***	4	5

### LUNCH

Nutrient	Preschool	Grades K-5	Grades 6-8	Grades 9-12
Cholesterol (mg)	150*	150	150	150
Sodium** (mg)	1200	1200	1200	1200
Fiber (g)	1***	4.5	5.5	6.5

\*Cholesterol should not be lowered in children less than 2 years of age.

\*\*Sodium guideline is set for food "as served."

\*\*\*Fiber guidelines are for ages 2 years and older.

The OSN has decided to eliminate the above nutrient standards for cholesterol, sodium, and fiber, effective SY 2014 – 2015 in an effort to align with federal meal pattern and dietary specification requirements for school meals. Therefore, the OSN will no longer require monitoring of cholesterol and fiber standards. Sodium requirements, however, must be met per USDA's implementation timeline found at <http://www.fns.usda.gov/cnd/governance/Legislation/sodium.pdf>. Meal pattern and dietary specifications can be found at:

<http://www.cde.state.co.us/sites/default/files/documents/cdenutritran/download/misc/nmpt/dietaryspecs.pdf>.

If you have any questions, please contact our office at: 303-866-6661.