



Added Sugar Ranges:
Based on Grade Level Calorie Ranges

FY 24 TNTG
North Dakota

Breakfast

Elementary (K-5)		Middle (6-8)		High (9-12)	
Total Calories From Planned Menu	Not to Exceed Added Sugar (g)	Total Calories From Planned Menu	Not to Exceed Added Sugar (g)	Total Calories From Planned Menu	Not to Exceed Added Sugar (g)
300	7.5	350	8.75	400	10
315	7.875	365	9.125	415	10.375
330	8.25	380	9.5	430	10.75
345	8.625	395	9.875	445	11.125
360	9	410	10.25	460	11.5
375	9.375	425	10.625	475	11.875
390	9.75	440	11	490	12.25
405	10.125	455	11.375	505	12.625
420	10.5	470	11.75	520	13
435	10.875	485	12.125	535	13.375
450	11.25	500	12.5	550	13.75
465	11.625	515	12.875	565	14.125
480	12	530	13.25	580	14.5
495	12.375	545	13.625	595	14.875
510	12.75	560	14	610	15.25
525	13.125	575	14.375	625	15.625
540	13.5	590	14.75	640	16
555	13.875	605	15.125	655	16.375



Added Sugar Ranges:
Based on Grade Level Calorie Ranges
Lunch

FY24 TNTG
North Dakota

Elementary (K-5)		Middle (6-8)		High (9-12)	
Total Calories From Planned Menu	Not to Exceed Added Sugar (g)	Total Calories From Planned Menu	Not to Exceed Added Sugar (g)	Total Calories From Planned Menu	Not to Exceed Added Sugar (g)
500	12.5	550	13.75	700	17.5
515	12.875	565	14.125	715	17.875
530	13.25	580	14.5	730	18.25
545	13.625	595	14.875	745	18.625
560	14	610	15.25	760	19
575	14.375	625	15.625	775	19.375
590	14.75	640	16	790	19.75
605	15.125	655	16.375	805	20.125
620	15.5	670	16.75	820	20.5
635	15.875	685	17.125	835	20.875
650	16.25	700	17.5	850	21.25
665	16.625	715	17.875	865	21.625
680	17	730	18.25	880	22
695	17.375	745	18.625	895	22.375
710	17.75	760	19	910	22.75
725	18.125	775	19.375	925	23.125
740	18.5	790	19.75	940	23.5
755	18.875	805	20.125	955	23.875