

School Nutrition Association Practice Test Questions and Answers

1. According to USDA National School Lunch Program guidelines, what is the minimum daily requirement for whole grains in school meals?

- A) 25% of all grains served
- B) 50% of all grains served
- C) 75% of all grains served
- D) 100% of all grains served

2. What is the maximum sodium content allowed per lunch for grades K-5 under current school nutrition standards?

- A) 935 mg
- B) 1,035 mg
- C) 1,230 mg
- D) 1,420 mg

3. Which component is required to be offered daily in school breakfast programs according to federal regulations?

- A) Meat or meat alternate only
- B) Fruit and grains
- C) Vegetables and dairy
- D) All five food components

4. What is the proper temperature range for holding hot foods in school cafeterias to ensure food safety?

- A) 120°F or above
- B) 135°F or above
- C) 140°F or above
- D) 165°F or above

Answers: 1-B 2-C 3-B 4-C

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