

SOME NUTRITIONAL FACTS ABOUT OUR SCHOOL MEAL ITEMS

ENTRÉE'	CALORIES	FAT (grams)	PROTEIN (grams)	CARBS (grams)	FIBER (grams)
Cheeseburger on a bun	386	23	23	23	2
Chicken nuggets w/dip sauce & roll	420	19	17	42	2
Chicken, patty on a bun	354	19	17	27	2
Chicken, popcorn w/roll	426	18	15	48	2
Steakum on a roll	380	15	25	34	1
Ham & cheese on a roll	371	16	21	34	2
Mixed cold cuts on a roll	396	20	20	34	2
Meatball hero on a roll	369	161	17	38	3
Turkey & cheese on a roll	338	13	21	34	2
Hot dog on a roll	430	30	16	22	1
Beef nachos w/cheese & salsa	368	22	20	21	3
Pasta w/meatballs	324	10	19	41	4
Pizza, cheese (various types)	230-470	10-20	9-24	22-55	2-3
Salad w/protein & crackers or roll	273	14	18	19	2
Salad, garden w/egg, cheese & roll	358	23	20	20	2
Lite/red. Fat dressing	30-75	2-7	~1	2-5	0
Regular dressing	85-175	10-20	~1	2-5	0
BBQ rib on a bun	238	8	14	28	2
Oven baked fish on a bun w/tarter	311	10	13	42	1
Yumbo (toasted ham & cheese sand)	430	26	20	29	2
Grilled cheese sandwich	479	31	21	29	1
Tomato soup	90	1	2	19	2
Tuna salad sandwich	379	19	25	28	1
VEGETABLES					
Carrots	36	0.2	0.8	8.4	2.5
Garden salad	15	0	<1	3	1
Broccoli	26	0	3	5	2.8
STARCHY VEGETABLES					
Corn	65	0	2	16	2
Oven baked fries	170	7	3	27	3

ENTRÉE'	CALORIES	FAT (grams)	PROTEIN (grams)	CARBS (grams)	FIBER (grams)
Mashed potatoes	180	2	4	26	4
Oven baked tator tots	123	6	2	17	2
Peas	63	0	4	11	4
Mixed vegetables	53	0	3	12	4
MILK					
½% chocolate	160	1.5	8	29	0
2% white	121	5	8	12	0
1% white	102	2.5	8	12	0
Skim white	90	0	8	12	0
FRUIT					
Fresh fruit	60-105	0	1	15-30	3.0-4.0
Canned fruit	65-80	0	<1	17-25	1.0-1.6
Fruit juice	55-77	0	0-1	14-19	0

NUTRIENT STANDARDS FOR LUNCH

As Mandated by STATE & FEDERAL Regulations

Traditional Service – Offer vs Serve – (5 Components Offered, 3 MUST be taken)

NUTRIENT	STANDARD for grades 4-12	Where We Are for Compliance
Calories (Kcal)	785	<785
Cholesterol (mg)*	<150*	<150*
Sodium (mg)*	<1200*	<1200*
Fiber (g)*	8*	<8* (we're at about 7)
Iron (mg)	4.2	>4.2
Calcium (mg)	370	>370
Vitamin A (RE)	285	>285
Vitamin A (IU)	1425	>1425
Vitamin C (mg)	17	>17
Protein (g)	15	>15
Carbohydrate (%)*	*	*
Total Fat (% Kcals)	<30%	<30%
Sat. Fat (% Kcals)	<10	<10%

* there are no RDA standards established by the USDA for these nutrients, however the monitoring of these nutrients is required and NYS has developed targets at the State level for Cholesterol, Sodium and Fiber.