

NUTRITIONAL GUIDELINES

Meals served under the National School Lunch Program meet the Dietary Guidelines for Americans. School lunches provide one-third of the Recommended Dietary Allowances of daily nutritional requirements appropriate for that grade level—protein, vitamin A, vitamin C, Iron, Calcium, and Calories. No more than 30% of calories come from fat, and less than 10% from saturated fat.

Portion sizes are regulated by the National School Lunch Programs. At lunch, students are offered two ounces of protein, two servings of fruit/vegetables, ten bread servings per week, and ½ pint of milk.

Most items use whole grain products, including pasta and pizza crust. An enriched whole grain bread replaced wheat bread. Turkey based products are used where possible. Only low fat cheeses are used on all items. No salt or butter is added to any vegetables or entrees. Only skim milk is served. All juices are 100% fruit juice. Chocolate milk is reduced sugar skim milk with less sugar, carbohydrates, and calories than regular milk.