

School Lunch Makes the Grade for Taste and Nutrition

Schools across the country are working hard to give students great tasting, satisfying and healthy options for lunch.

- The USDA's New School Meal Rules require more whole grain foods, more fruits and vegetables, lean protein-rich food, and fat-free or low-fat milk. Weekly meals meet guidelines for calories, saturated fat, sodium and contain no trans fat.
- Some new items on menus across the country include:
 - Whole grain bean and cheese burrito
 - Whole grain turkey lasagna
 - Mediterranean veggie and hummus bowl
 - Sweet potato fries
 - Turkey burger on whole grain bun
- Locally grown foods are being sourced by many schools as part of their weekly menus.
- School Nutrition Association's "Back-to-School Trends Survey 2013" states that pizza continues to be the most popular lunch entree.
- A recent study suggests that acceptance of a favorite food like pizza made with whole grain flour can pave the way for the successful introduction and acceptance of new recipes for other whole grain foods in schools, such as whole grain pasta, tortillas and breads.*

*Journal of the Academy of Nutrition and Dietetics, October, 2013. AND

School Lunch vs. Bag Lunch

School lunch—BIG DADDY'S® 8-Cut Pizza (78985)

School Lunch—

Whole Grain Cheese Pizza	1 Serving
Carrot Strips/slices, USDA	1/2 Cup
Apple Medium 3", USDA	1/2 Apple
1% Milk w/added vitamin A & D	8 Fluid ounce

Nutrition Facts	
1 Lunch	
Amount Per Serving	
Calories 570	Calories from Fat 170
%Daily Value*	
Total Fat 19g	26%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 880mg	37%
Total Carbohydrate 73g	24%
Dietary Fiber 8g	32%
Sugars 31g	
Protein 28g	

*Percent Daily Values are based on a 2,000 calorie diet.

Bag lunch—Turkey Sandwich

Bag Lunch—

Turkey Sandwich	
Wheat Bread	2 Slices
Turkey Breast Lunch Meat	2 Oz
Iceberg Lettuce Leaf, Medium	1 Each
Salted Butter	1 Teaspoon
American Cheese, sliced past, proc.	1 Piece
Carrot Strips/Slices, USDA	1/2 Cup
Ranch Salad Dressing	1 Oz
Multigrain SunChips®, original	1 Oz

Nutrition Facts	
1 Lunch	
Amount Per Serving	
Calories 690	Calories from Fat 310
%Daily Value*	
Total Fat 34g	52%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1650mg	69%
Total Carbohydrate 66g	22%
Dietary Fiber 7g	28%
Sugars 23g	
Protein 29g	

*Percent Daily Values are based on a 2,000 calorie diet.