



# CALIFORNIA SCHOOL NUTRITION ASSOCIATION School Lunch

## A Closer Look at Lunch and Its New Standards:



- \* All meals meet age-appropriate calorie limits
- \* Larger servings of fruits and vegetables
- \* Fat-free or 1% milk options
- \* More whole grains
- \* Low in saturated fat, no trans fat, and less sodium

## Lunch at School Has Never Been So Cool (& Healthy)!

- \* What we serve our students is a big deal! School nutrition professionals are committed to providing high quality, nutritious, and cost-effective meals to ensure that students have the fuel they need to succeed in the classroom.
- \* School meals are healthy meals that are required to meet science-based, federal nutrition standards limiting unhealthy fat and calories and requiring that schools offer the right balance of fruits, vegetables, milk, grains and protein with every meal.
- \* All meals meet the Healthy Meals School Lunch Regulations mandated by the USDA and the State of California. Schools must offer a wide variety of vegetables, including at least a weekly serving of legumes, dark green and red or orange vegetables.
- \* Children can be notoriously picky eaters, but school nutrition directors are always working to find new healthy recipes that children are willing to eat. Many conduct student taste tests and involve students in menu planning.

## How Do Our Menu Items Differ from Fast Food Outlets?

### Example: Chicken Nuggets

#### McDonald's 6 Piece Nuggets

280 calories      18 g fat  
540 mg sodium    No whole grain

#### Popcorn Chicken

230 calories      13 g fat  
340 mg sodium    Whole grains

### Example: Domino's Pizza

#### Domino's Cheese Pizza

335 calories      12.5 g fat  
735 mg sodium    No whole grain

#### Domino's Smart Slice

300 calories      11 g fat  
550 mg sodium    Whole grains

### Nutrition Requirements for a School Lunch:

Calorie range    550 - 850\*  
Saturated Fat    Less than 10 g  
Sodium            Less than 740 mg\*  
Trans Fat         0 grams

\* Varies based on grade level

