

High School Lunch

Chicken Tenders
Potato Tots
Veggie Dippers
(carrots, celery, and cherry tomatoes)
Ranch Dressing
Honey Mustard Dip
Texas Toast
Royal Brownie
Choice of Milk

Cost: \$1.00-1.75

* Nutrient	Actual	Goal	Grade
Calories	893	846	A
Calories from Fat	257		
% Calories from Fat	29%	≤30%	A+
Calcium	425 mg	400 mg	A+
Iron	13.83 mg	3.4 mg	A+
Vitamin A	1426 RE	300 RE	A+
Vitamin C	22 mg	19.2mg	A+

All nutrient data are approximations based on USDA-approved nutrient analysis software.

Grade: A+

Comment: Well balanced menu. Promotes optimal growth and well being.

Typical Lunch from Home

Ham and Cheese Sandwich
Chips
Peach Cup
Chocolate Covered Peanut Butter Wafer
20 oz Fruit Drink (vitamin C added)

Cost: \$3.25

Nutrient	Actual	Goal	Grade
Calories	1,060	846	D
Calories from Fat	423		
% Calories from Fat	40%	≤ 30%	F
Calcium	207	400 mg	F
Iron	2.0 mg	3.4 mg	F
Vitamin A	88 RE	300 RE	F
Vitamin C	62 mg	19.2mg	A+

All nutrient data are approximations based on USDA-approved nutrient analysis software.

Grade: F

Comment: Excessive calories and fat could lead to obesity, diabetes, and heart disease. Menu is deficient in calcium, iron and vitamin A.

Vending Machine Lunch

Cola
6 Pack Crackers
1.7 ounce Candy pieces

Cost: \$2.00

Nutrient	Actual	Goal	Grade
Calories	640	846	C
Calories from Fat	190		
% Calories from Fat	30%	≤30%	A+
Calcium	96 mg	400 mg	F
Iron	.3 mg	3.4 mg	F
Vitamin A	0	300 RE	F
Vitamin C	0	19.2mg	F

All nutrient data are approximations based on USDA-approved nutrient analysis software.

Grade: F

Comment: Menu is deficient in calories, calcium, iron, vitamin A and vitamin C.

Are your students “Making the Grade” Nutritionally?

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MENU REQUIREMENTS

Ages 14 - Older

Nutrients and energy allowances	Ages 14 - Older
Energy Allowances/calories	846
Total Fat (as a percent of actual total food energy)	(1)
Saturated fat (as a percent of total food energy)	(2)
RDA for Protein (g)	16.7
RDA for Calcium (mg)	400
RDA for Iron (mg)	3.4
RDA for Vitamin A (RE)	300
RDA for Vitamin C (mg)	19.2

- (1) Not to exceed 30 percent over a school week
 (2) Not to exceed 10 percent over a school week.

To master classroom learning and skills, students must have a healthy body and mind. School nutrition professionals consider this an important challenge. School cafeterias are “learning laboratories” where students find wide selections of healthy foods every day and where they are encouraged to develop habits that will lead to a lifetime of healthy eating. A school breakfast provides one-fourth of a student’s nutrient requirements for the day. One-third of the nutrient requirements are provided by a school lunch. Each week, the total fat in school meals averages less than 30 percent of total calories and saturated fat is less than 10 percent of total calories. Compare a school lunch with a typical lunch brought from home or purchased elsewhere. You will see that a school lunch “makes the grade” both nutritionally and economically.

GEORGIA NUTRITION REPORT CARD HIGH SCHOOL

