

# What's the Problem?

## Nutritional Information for School Lunches

Minimum Calories and Nutrient Levels for School Lunch			
	Pre-School	Grades K-6	Grades 7-12
<b>Nutrients and Energy Allowances</b>	<b>517</b>	<b>664</b>	<b>825</b>
<b>Total Fat (g)</b>	*	*	*
<b>Saturated Fat (g)</b>	**	**	**
<b>RDA for Protein (g)</b>	<b>7</b>	<b>10</b>	<b>16</b>
<b>RDA for Calcium (mg)</b>	<b>267</b>	<b>286</b>	<b>400</b>
<b>RDA for Iron (mg)</b>	<b>3.3</b>	<b>3.5</b>	<b>4.5</b>
<b>RDA for Vitamin A (RE)</b>	<b>150</b>	<b>224</b>	<b>300</b>
<b>RDA for Vitamin C (mg)</b>	<b>14</b>	<b>15</b>	<b>18</b>
* Total fat not to exceed 30 percent of calories over a school week.			
** Saturated fat to be less than 10 percent of calories over a school week.			

## Lunch Menu — Nutrition Labels

### Baby Carrots

### Whole Wheat Hot Dog Bun

<b>Nutrition Facts</b>	
Serving Size 1 NLEA serving (85.0 g)	
Amount Per Serving	
<b>Calories</b> 30	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 68mg	<b>3%</b>
<b>Total Carbohydrates</b> 7.0g	<b>2%</b>
Dietary Fiber 2.5g	<b>10%</b>
Sugars 4.0g	
<b>Protein</b> 0.5g	
Vitamin A 234%	Vitamin C 4%
Calcium 3%	Iron 4%
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
Serving Size 1 bun (42.5 g)	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.0g	<b>0%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrates</b> 20.0g	<b>7%</b>
Dietary Fiber 5.0g	<b>20%</b>
Sugars 4.0g	
<b>Protein</b> 4.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
* Based on a 2000 calorie diet	

## Turkey Hot Dog

Nutrition Facts	
Serving Size 1 frank (56.0 g)	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 108
% Daily Value*	
<b>Total Fat</b> 12.0g	<b>18%</b>
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrates</b> 1.0g	<b>0%</b>
Sugars 1.0g	
<b>Protein</b> 7.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 4%
* Based on a 2000 calorie diet	

## Apple Sauce

Nutrition Facts	
Serving Size 1 unit (113.3 g)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0.0g	<b>0%</b>
Saturated Fat 0.0g <b>0%</b>	
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrates</b> 25.0g	<b>8%</b>
Dietary Fiber 2.0g <b>8%</b>	
Sugars 21.0g	
<b>Protein</b> 0.0g	
* Based on a 2000 calorie diet	

## Potato Chips

Nutrition Facts	
Serving Size 1 package (28.0 g)	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10.0g	<b>15%</b>
Saturated Fat 1.0g <b>5%</b>	
Trans Fat 0.0g	
Polyunsaturated Fat 3.0g	
Monounsaturated Fat 6.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrates</b> 15.0g	<b>5%</b>
Dietary Fiber 1.0g <b>4%</b>	
<b>Protein</b> 2.0g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
* Based on a 2000 calorie diet	

## Reduced Fat Milk

Nutrition Facts	
Serving Size 1 cup (244.0 g)	
Amount Per Serving	
<b>Calories</b> 122	Calories from Fat 43
% Daily Value*	
<b>Total Fat</b> 4.8g	<b>7%</b>
Saturated Fat 3.1g <b>15%</b>	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 1.4g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrates</b> 11.4g	<b>4%</b>
Sugars 12.3g	
<b>Protein</b> 8.1g	
Vitamin A 9%	Vitamin C 1%
Calcium 29%	Iron 0%
* Based on a 2000 calorie diet	

## Brownie

Nutrition Facts	
Serving Size 1 brownie (2" square) (60.0 g)	
Amount Per Serving	
<b>Calories</b> 243	Calories from Fat 91
% Daily Value*	
<b>Total Fat</b> 10.1g	<b>16%</b>
Saturated Fat 3.1g <b>16%</b>	
Polyunsaturated Fat 2.6g	
Monounsaturated Fat 3.8g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 153mg	<b>6%</b>
<b>Total Carbohydrates</b> 39.0g	<b>13%</b>
<b>Protein</b> 2.7g	
Vitamin A 0%	Vitamin C 5%
Calcium 3%	Iron 7%
* Based on a 2000 calorie diet	