

## Elementary School Lunch

Chicken Tenders  
 French Fries  
 Strawberries  
 Texas Toast  
 Rice Krispie Treat  
 Choice of Milk

**Cost: \$0.85-1.50**

Nutrient	Actual	Goal	Grade
Calories	686	667	A
Calories from Fat	207		
% Calories from Fat	30%	≤30%	A+
Calcium	330 mg	267	A+
Iron	8.95	2.5 mg	A+
Vitamin A	248 RE	233 RE	A+
Vitamin C	54 mg	15 mg	A+

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

**Grade: A+**

Comment: Well balanced menu promotes optimal health and growth.

## Typical Lunch from Home

Peanut Butter & Jelly Sandwich  
 Chips  
 Peach Cup  
 Oatmeal Cream Pie  
 20 oz Fruit Drink (vitamin C added)

**Cost: \$1.75**

Nutrient	Actual	Goal	Grade
Calories	1,002	667	D
Calories from Fat	372		
% Calories from Fat	37%	≤30%	F
Calcium	70 mg	267	F
Iron	3.7 mg	2.5 mg	A+
Vitamin A	44 RE	233 RE	F
Vitamin C	45 mg	15 mg	A+

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

**Grade: D**

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

## Prepackaged Lunch

Turkey Breast  
 Cheese  
 Crackers  
 Mini Candy Bar  
 Fruit Drink

**Cost: \$2.00**

Nutrient	Actual	Goal	Grade
Calories	440	667	F
Calories from Fat	170		
% Calories from Fat	38.6%	≤30%	F
Calcium	178 mg	267	F
Iron	0	2.5 mg	F
Vitamin A	54 RE	233 RE	F
Vitamin C	0	15 mg	F

All nutrient data are approximations based on information on the product packaging.

**Grade: F**

Comment: High fat content will contribute to heart disease. Deficient in important nutrients: calcium, iron, vitamin A and vitamin C.

# Are your students “Making the Grade” Nutritionally?

**Georgia School Nutrition Association**  
2372 Main St.  
Tucker, GA  
Phone: 770-934-8890  
Fax: 770-934-8917  
Web site: [www.gsfsa.com](http://www.gsfsa.com)



## MENU REQUIREMENTS Ages 7 - 10

Nutrients and energy allowances	Ages 7 - 10
Energy Allowances/calories	667
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)	9.3
RDA for Calcium (mg)	267
RDA for Iron (mg)	2.5
RDA for Vitamin A (RE)	233
RDA for Vitamin C (mg)	15.0

- (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

## ELEMENTARY SCHOOL

