

## Middle 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	783	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	16.7mg	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	783	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	16.7mg	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.

## Prepackaged Lunch

**Turkey Breast**  
**Cheese**  
**Crackers**  
**Mini Candy Bar**  
**Fruit Drink**

**Cost: \$2.00**

Nutrient	Actual	Goal	Grade
Calories:	440	783	F
Calories from Fat:	170		
% Calories from Fat:	38.6%	≤30%	F
Calcium:	178 mg	400 mg	F
Iron:	0 mg	3.4 mg	F
Vitamin A	54 RE	300 RE	F
Vitamin C	0	16.7mg	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**

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## MENU REQUIREMENTS

### Ages 11 - 13

Nutrients and energy allowances	Ages 11 - 13
Energy Allowances/calories	783
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)	15
RDA for Calcium (mg)	400
RDA for Iron (mg)	3.4
RDA for Vitamin A (RE)	300
RDA for Vitamin C (mg)	16.7

- (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

## MIDDLE SCHOOL

