

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 8/1/22 and will be updated as applicable.
- NSLP Lunch meals are offered with: vegetable of the day, fruit (½ cup for PSN, K-5, and 6-8 meals; 1 cup for 9-12 meals), and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The vegetable of the day, fruit and milk are not included within the nutritional information for the meals on this report (except for field trip meals). The information is provided on a separate vegetable report and fruit/milk report.
 - Note: for all field trip lunches the fruit and vegetables are included within the nutritional information on this report.
- To determine the correct menu item on the report, please refer to the meal production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the vegetable, fruit and/or milk that may be served with the meal by using the appropriate reports, see below for an example.

Sample Lunch Meal

- Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Lunch Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Port Size	Cal	Carb g
RG, SAMPLE LUNCH ENTREE	1 EACH	319	42.16

Vegetable Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
VEG CARROT BABY 3/4 C	1 SRV(3/4 C)	37	8.69

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

- Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Lunch Entrée	42.16 g
Baby Carrots (3/4 cup)	8.69 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal =	75.13 g

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Nutritionals Lunch (K-5) (August 2022)									
Menu Item	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Lunch- Cold									
Pizza Cheese Chef Kit	364	35	17	7	33	888	4	7	21
Sandwich Cheddar Cheese with Yogurt	354	46	13	7	35	504	3	14	19
Sandwich Chicken Salad Sub	330	32	12	2	58	337	3	4	24
Shelf Stable Tuna Lemon Pepper, Crackers, Applesauce, Juice & 1% Milk	530	82	11	2	45	725	5	45	29
Sandwich Tuna Kit	310	32	14	2	54	229	2	3	21
Wrap Chicken BBQ	406	39	14	2	54	229	2	3	21
Wrap Chicken Honey Mustard	336	30	14	2	54	229	2	3	21
Wrap Chicken Sesame	380	36	17	2	52	214	3	7	21
Lunch- Cold Salad									
Pasta Penne Pesto Chicken	387	37	15	3	60	399	3	1	26
Salad Chicken Garden Ranch	437	48	19	4	118	609	7	12	18
Salad Chicken Honey Mustard	458	60	14	1	65	426	7	12	26
Salad Chicken Sesame	418	45	15	2	55	432	6	11	25
Salad Taco Veggie	746	83	34	12	66	1018	11	10	31
Lunch- Hot									
Beef Korean BBQ w/ Rice	328	45	10	3	31	775	1	10	14
Beef Mongolian w/ Rice	286	47	6	2	66	461	2	5	12
Breakfast for Lunch: Pancakes with Omelet	334	40	12	4	170	453	2	14	12
Burrito Bean & Cheese	320	40	12	5	25	610	6	1	14
Burrito Beef & Bean	381	43	13	4	42	472	6	2	24
Cheeseburger Flame-Broiled Beef	311	33	12	5	45	468	3	4	19
Chicken BBQ Shredded w/ Beans	344	49	9	2	32	534	7	12	16
Chicken Bites & Waffle	515	49	29	9	52	604	2	20	16
Chicken Bites Breaded w/ Orange Sauce & Rice	365	46	14	3	43	518	1	14	13
Chicken Bites with Savory Pizza Crackers	305	30	16	3	43	563	2	2	13
Chicken Drumstick BBQ & Cheesy Rice	339	43	12	2	60	459	2	7	16
Chicken Ranchero Con Queso Rice Bake	331	46	8	3	51	288	3	2	21
Chicken Sweet & Sour Mumbo	385	66	4	1	55	311	2	22	22
Chicken Teriyaki w/ Rice	341	57	4	1	49	247	2	5	22
Enchilada Cheese w/ Rice & Beans	276	32	10	5	30	462	4	2	16
Enchilada Chicken w/ Rice	259	32	6	2	43	414	3	2	18
Pasta Alfredo w/ Yogurt	276	41	7	3	21	319	2	12	13
Pasta Chicken & Macaroni w/ Peas	366	43	11	5	62	509	7	5	27
Pasta Chicken Alfredo	238	27	6	2	48	196	2	1	19
Pasta Chicken Parmesan	426	47	18	5	49	645	4	5	20
Pasta Chicken w/ Teriyaki Noodles	343	48	4	1	62	438	3	15	31
Pasta Lasagna Five Cheese	336	52	9	3	15	518	6	9	16
Pasta Lo Mein w/ Broccoli & Teriyaki Meatballs	386	56	9	3	40	723	4	18	26
Pasta Mac & Cheese Vegetarian	374	36	18	10	52	508	5	2	19
Pasta Mac & Cheese w/ Chicken Bites	393	39	19	8	55	553	4	2	19
Pasta Mac & Cheese w/ Green Chiles	408	38	21	11	58	673	5	2	21
Pasta Penne w/ Meat Sauce	325	43	10	3	32	566	5	7	16
Pasta Spaghetti Marinara	311	36	11	5	24	580	4	5	17
Pasta Spaghetti w/ Meatballs	303	39	9	3	33	548	4	5	17
Pasta Zesty Beef	241	27	9	4	30	353	3	2	14
Pizza Cheese	310	31	13	6	30	440	3	9	16
Pizza Pepperoni	310	31	13	6	35	520	3	8	17
Quesadilla Green Chile & Chicken	331	30	13	6	61	453	3	1	24
Sandwich Beef Rib BBQ	295	41	8	3	35	670	3	10	19

Menu Item	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Total Sugars (g)	Protein (g)
Sandwich Cheeseburger Pepper Jack	307	32	12	5	46	462	3	4	19
Sandwich Chicken Parmesan	445	50	17	3	30	880	5	5	24
Sandwich Chicken Pepper Jack	361	33	11	4	80	752	3	4	34
Sandwich Hamburger	360	51	11	3	30	525	5	6	17
Sandwich Hot Dog	330	33	17	6	60	480	3	4	13
Sandwich Meatball Sub	310	39	10	3	55	658	4	7	17
Sandwich Sloppy Joe	312	42	8	3	40	669	4	12	17
Tamale Cheese w/ Rice & Beans	353	58	7	3	10	337	4	1	16
Tamale Chicken w/ Rice & Beans	335	60	6	2	25	366	4	1	18
Lunch- Field Trip									
FTM Chicken Salad Sandwich with Carrots	539	62	24	3	31	507	12	21	24
FTM Sandwich Cheddar Cheese w/ Carrots & Yogurt	456	69	13	7	35	648	9	30	20
FTM Sandwich Cheese w/ Broccoli & Yogurt	491	65	17	9	47	660	8	26	23
FTM Sandwich Cheese w/ Hummus, Yogurt & Carrot	750	91	31	10	46	1187	14	30	30
FTM Sandwich Chicken Salad w/ Corn	609	78	24	4	31	425	11	19	27
FTM Sandwich Sunbutter Jelly Kit & Corn	624	81	26	6	15	474	9	27	24
FTM Sandwich Turkey & Cheddar Cheese w/ Carrots	476	56	18	6	47	777	9	21	23
FTM Sunbutter Jelly Kit with Cheese & Carrots	552	64	25	6	15	553	10	29	21
FTM Yogurt and Honey Wheat Crackers	457	70	13	5	23	669	9	28	17
Lunch- Buffet Meals									
Beef Korean BBQ	289	43	8	2	23	651	1	9	11
Beef Mongolian w/ Rice	357	57	8	3	82	611	2	6	15
Beef Rib Sweet & Sour w/ Carrot Rice	360	61	7	3	35	667	2	17	16
Breakfast for Lunch: Pancakes & Omelet w/ Syrup	334	40	12	4	170	453	2	14	12
Chicken Bites Breaded Orange	407	49	17	4	51	592	1	14	15
Chicken Bites w/ Pizza Crackers	373	34	20	4	56	675	2	2	16
Chicken Drumstick BBQ w/ Rice	381	43	15	4	70	561	1	7	20
Chicken Drumstick Chili Citrus with Rice	375	52	11	2	55	482	5	7	18
Chicken Shredded w/ BBQ Beans	372	53	9	2	37	586	7	14	18
Chicken Teriyaki w/ Rice	337	50	4	1	65	245	1	6	26
Creamy Mac & Cheese	422	39	21	12	60	576	5	2	22
Pasta Chicken Alfredo	407	45	12	5	79	457	3	3	31
Pasta Chicken Creamy Casserole	339	37	11	5	62	507	6	5	26
Pasta Chicken Parmesan	465	48	21	6	57	718	3	5	22
Pasta Lo Mein with Teriyaki Meatballs	399	56	11	3	41	760	4	18	25
Pasta Mac & Cheese w/ Chicken Bites	410	38	21	7	62	608	3	1	20
Pasta Penne w/ Meat Sauce	343	38	12	4	49	641	4	6	20
Pasta Spaghetti & Meatballs	353	44	11	3	41	634	5	5	20
Pasta Spaghetti Marinara	370	41	13	7	37	634	4	6	21
Pizza Cheese	310	31	13	6	30	440	3	9	16
Pizza Pepperoni	310	31	13	6	35	520	3	8	17
Sandwich Cheeseburger Flame-Broiled Beef	311	33	12	5	45	468	3	4	19
Sandwich Cheeseburger Pepper Jack	307	32	12	5	46	462	3	4	19
Sandwich Chicken & Pepper Jack Melt	361	33	11	4	80	752	3	4	34
Sandwich Hamburger Beef	270	32	8	3	35	390	3	4	17
Sandwich Hot Dog	330	33	17	6	60	480	3	4	13
Sandwich Hot Meatball Sub	351	41	13	4	66	754	4	7	20
Tamale Cheese w/ Rice & Beans	384	65	8	3	10	366	5	1	17
Tamale Chicken w/ Rice & Beans	366	66	7	2	25	395	5	1	19