

**Berkeley School Lunch  
Non-vegetarian**

**Food Cost (approximate) = \$1.30**

**Menu:**

Organic Valley 4oz hamburger on Whole Grain Bun  
Lettuce/Tomato  
3 oz. Roasted veggie fries  
1 fresh pear  
1/2 c greens/1 tbl lite vinaigrette  
8 oz. Organic Valley 1% white milk

**Provides:**

807 kcals  
204 kcals from fat  
37.9 grams pro  
105.7 grams CHO  
22.5 grams fat  
12.5 grams fiber  
9.0 grams sat fat  
110 Chol  
714 mg. sodium

**Percent Recommended Daily Amounts  
Ages 9-13 years Girls (Boys)**

%total kcals: 45% (40%)  
% pro: 110% for both  
% CHO: 43% (38%)  
% fat: 31% for both  
%fiber: 49% (45%)  
%sat fat: 47.5% (43%)  
%chol: 36% for both  
% sodium = 32% for both

**Notes:**

- I included 1 tsp canola oil as part of the roasted veggie fries analysis, since being a 'fry' assumes some fat used in cooking