

**Berkeley School Lunch
Vegetarian**

Food Cost (approximate): \$1.25

Menu:

1 cup Pasta Primavera
(with vegetables/low fat mozz cheese/whole wheat pasta)
1 fresh apple
8oz Organic Valley white milk, (1%)
1/2 c. greens
1 tbl lite vinaigrette

Provides:

650 kcals
150 kcals fats
33.4 grams pro
108 grams CHO
17.1 grams fat
14 grams fiber
5.1 grams sat fat
22.2 mg chol
904 mg sodium

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

total kcals: 36% (32%)
%pro: 97% for both
%CHO: 43% (39%)
%fat: 23% for both
%fiber: 55%, (50%)
%sat fat: 25.5% (23%)
%chol: 10% (10%)
sodium: 41% for both