

**Typical School Lunch
Non-vegetarian**

Food Cost (approximate) = \$.99

Menu:

6 piece Chicken Nuggets
3/4 c. Tater Tots
3/4 c. coleslaw
1- Rice Krispie Bar
8 oz. 1% milk

Provides:

850 total calories (kcal)
400 kcal fat
31 grams protein (pro)
89 grams carbohydrate (CHO)
44,55 grams fat
2.3 grams fiber
9.9 grams sat fat
76 mg cholesterol (chol)
sodium: 1496 mg

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

% total kcal: 47% (42%)
% pro: 91% (91%)
% CHO: 36% (32%)
% fat: 62% for both
% fiber: 9% (8%)
% sat fat: 49.5% (45%)
% chol: 25% for both
% sodium: 68% for both