

Typical School Lunch Vegetarian

Food Cost (Approximate): \$ \$.74

Menu:

1 c. Macaroni and Cheese
2- garlic bread sticks
1/2 c green beans with 1 tsp margarine
3/4 c. canned peaches, heavy syrup
1 chocolate chip cookie, 2.25"
8 oz. 1% milk

Provides:

709 kcals
261 kcals fat
22 grams pro
108 grams CHO
22 grams fat
5 grams fiber
6.8 grams sat fat
26 mg chol
1232 mg sodium

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

total kcals: 39% (35%)
% pro: 64% for both
% CHO: 43% (39%)
% fat: 30% for both
% fiber: same for both
% sat fat: 34% (31%)
%chol: 8% for both
sodium 56% for both

Notes:

- Fiber content higher here vs. the non-vegetarian typical school lunch, due to the canned peaches.