

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 5/1/17 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 (noted as FTM in the meal names on this report), 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

1. 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

2. 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.

Recipe Description	Port Size	Cal	Carb g	Tot Fat g	Sat Fat g	Chol mg	Sodm mg	Diet Fib g	Sugar g	Prot g	Vit A IU	Vit C mg	Calc mg	Iron mg
DF, BEAN RED/RICE 6-8:0513	1 EACH	412	79.81	7.12	1.2	7	580	13.1	4.38	16.15	813	13.62	92.72	4.24
DF, CHX MOLE 6-8:0316	1 EACH	374	54.69	10.28	2.13	47	268	2.52	2.56	16.53	262	5.43	24.61	2.21
DF, CHX ORANGE 6-8:0415	1 EACH	381	59.1	5.34	0.98	42	311	3.71	14.67	19.03	1588	19.95	36.53	1.58
DF, CHX POTSTICKER 6-8:1115	1 EACH	350	46	8	1.5	20	755	7	5	21	110	0	60	4.32
DF, CHX TERIYAKI 6-8:0117	1 EACH	415	66.23	9.17	1.92	46	384	1.73	14.39	16.72	426	0.27	5.62	2.25
DF, GUMBO CHX 6-8:0516	1 EACH	426	59.66	12.57	3.01	68	522	2.58	2.34	21.28	797	6.5	21.05	2.47
DF, HAMBURGER 6-8:0417	1 EACH	420	49	16.5	4	40	415	3	14	18	60	0	20	3.24
DF, HOLIDAY 6-8:0417	1 EACH	348	50.42	6.56	0.29	35	891	5.26	11.58	20.62	5803	3.92	34.78	2.59
DF, HOTDOG 6-8:0517	1 EACH	320	29	18	6	35	505	2	6	12	1	0.03	61.7	2.81
DF, MEATBALL CARIBB 6-8:0517	1 EACH	407	56.41	12.32	3.7	30	571	3.19	1.71	16.23	417	2.13	31.08	2.28
DF, RICE SMOKY SAUSA 6-8:0815	1 EACH	306	47.95	5.43	0.73	61	540	1.51	3.41	16.46	327	28.52	4.92	1.48
DF, SLOPPY JOE 6-8:0517	1 EACH	352	36.77	11.82	3.95	48	402	3.8	13.39	20.35	55	3.11	67.97	3.65
DF, SND CHX ROASTED 6-8:0417	1 EACH	353	25.71	14.54	2.21	63	415	2	4.71	25.14	20	0	28.35	1.85
DF, SND CRISPY CHX 6-8:0517	1 EACH	380	43	12	1.5	50	505	4	7	23	0	30	76	3.44
DF, SPAGH MEATBALL 6-8:0417	1 EACH	384	49.26	12.69	3.6	32	673	7.95	8.19	20.38	755	12.43	45.06	4.33
DF, TAMALE CHX 6-8:0517	1 EACH	382	74.92	7.1	1.87	25	321	11.06	1.2	20.61	154	0.41	56.88	3.27
RG, BEEF/ DIRTY RICE 6-8:0815	1 EACH	397	53.96	13.16	5.58	35	662	5.83	2.85	19.41	1178	8	251.03	2.17
RG, BURRITO BEEF 6-8:1216	1 EACH	373	46.37	12.31	3.2	29	314	7.31	1.12	20.32	335	2.95	127.31	3.08
RG, BURRITO BURGER 6-8:0915	1 EACH	411	47.67	15.74	4.1	38	567	4.34	3.62	19.81	605	3.11	437.15	2.5
RG, BURRITO CHX FAJI 6-8:1216	1 EACH	402	43.57	15.35	3.87	58	266	5.95	1.79	24.08	387	9.23	156.68	2.77
RG, CHEESEBURGER 6-8:0417	1 EACH	335	28	15.32	6.04	45	446	2	6	19.8	172	0	114.01	2.16
RG, CHICKEN BITES 6-8:0417	1 EACH	330	36	12.5	2	45	645	1	3	19	0	36	0	1.8
RG, CHX BBQ 6-8:0517	1 EACH	372	54.12	11.02	2.53	44	353	3.51	14.52	15.6	507	7.96	159.9	9.58
RG, CHX DRUM BBQ 6-8:0517	1 EACH	402	47.47	11.78	3.32	107	481	1.71	6.83	27.45	341	2.26	128.78	2.16
RG, CHX FC NOODLES 6-8:0616	1 EACH	367	49.06	8.28	1.06	38	509	5.28	8.17	18.46	95	0.98	19.58	2.48
RG, CHX JAMBALAYA 6-8:1214	1 EACH	321	43.58	5.48	0.96	45	451	2.9	1.79	19.02	493	8.63	22.48	1.95
RG, ENCHILADA CHX 6-8:0517	1 EACH	305	36.52	8.59	3.27	45	477	3.42	2.49	20.74	369	6.47	167.22	2.52
RG, MAC CHEESEBURGER 6-8:0915	1 EACH	396	46.5	12.78	5.03	43	648	5.57	8.11	22.8	1072	6.51	652.35	3.1
RG, MAC/CHS CHX BBQ 6-8:0517	1 EACH	379	48.84	11.49	3.5	57	677	4.24	12.86	19.12	260	4.23	153.46	2.95
RG, MAC/CHS CHX BITE 6-8:0417	1 EACH	328	35.83	12.67	3.54	44	641	2.08	6.23	20.83	426	0.38	338.85	2.02
RG, MAC/CHS SAUSAGE 6-8:0816	1 EACH	345	38.51	12.3	4.48	61	702	4.47	5.48	20.6	331	21.69	260.93	2.21
RG, MEATBALL ASIAN 6-8:0517	1 EACH	361	43.77	13.41	3.77	31	613	5.22	11.59	16.62	1451	6.4	148.06	10.29
RG, MEATBALL BBQ 6-8:0517	1 EACH	402	50.28	14.36	4.95	36	693	4.08	14.08	18.04	176	3.69	135.87	2.83
RG, MEATBALL HAWAII 6-8:0417	1 EACH	401	54.03	14.11	3.56	32	658	3.65	13.81	16.9	586	0.49	34.87	6.4
RG, MEATBALL ITALIA 6-8:0517	1 EACH	376	41	14.49	4.73	35	521	6.52	3.81	19.93	400	5.38	104.45	3.35
RG, PANCAKE SAUSAGE 6-8:0315	1 EACH	402	56.02	10.68	3.84	45	720	3	18.35	19.06	292	14.14	260	2.4
RG, PAS CHX CLASSIC 6-8:0417	1 EACH	375	42.27	14.44	3.36	41	524	4.4	4.23	21.57	417	32.08	117.39	2.67
RG, PAS CHX GARLIC 6-8:0517	1 EACH	351	50.9	8.79	2.29	46	542	5.52	13.21	18.67	2619	4.19	64.27	3.2
RG, PAS CHX KICKIN 6-8:0417	1 EACH	400	48.76	14.1	2.55	38	639	5.26	5.68	22.33	592	35.23	87.77	3.39
RG, PAS SPICY CHXAFR 6-8:1214	1 EACH	327	37.48	9.23	2.94	48	247	5.12	2.69	20.13	479	0.47	63.98	2.87

Recipe Description	Port Size	Cal	Carb g	Tot Fat g	Sat Fat g	Chol mg	Sodm mg	Diet Fib g	Sugar g	Prot g	Vit A IU	Vit C mg	Calc mg	Iron mg
RG, PASTA ALFRDO CHX 6-8:1214	1 EACH	323	36.65	9.12	2.92	48	246	4.76	2.59	19.96	121	0.35	59.52	2.64
RG, PASTA CHX BAKE 6-8:0815	1 EACH	372	49.71	10.25	3.11	33	359	7.3	5.45	20.41	525	5.92	167.65	3.72
RG, PASTA CHX BBQ 6-8:0517	1 EACH	315	40.82	9.57	3.37	47	421	4.67	15.34	17.38	401	8.09	123.67	2.53
RG, PASTA ZESTY BEEF 6-8:0815	1 EACH	346	38.4	13.65	5.12	37	343	6.45	3.92	19.9	478	4.59	168.44	3.45
RG, QUES BUF CRUNCHA 6-8:0217	1 EACH	379	42.42	13.05	2.65	37	366	4	1.73	18.64	188	29.29	144.37	1.68
RG, QUES CHX BBQ 6-8:0517	1 EACH	409	48.79	15.66	4.21	39	549	3.39	5.41	19.09	993	1.75	835.27	1.96
RG, QUES CHX CHS 6-8:0314	1 EACH	455	45.25	20.75	5.1	73	321	4.1	5.2	25.38	650	5.04	272	9.78
RG, SND CHX BBQ 6-8:0517	1 EACH	331	37.16	10.75	3.5	50	454	2.73	13.84	18.58	158	3.28	164.02	2.98
RG, SND CHX BUFFALO 6-8:0417	1 EACH	304	26.81	10.78	2.63	66	355	2	4.91	20.93	111	36.28	0	2.03
RG, SND CHX KICKIN 6-8:0417	1 EACH	352	35.44	14.51	4.5	38	593	2	4.46	22.52	266	18.44	210.02	1.8
RG, SND CHX LONESTAR 6-8:0417	1 EACH	414	51.87	10.34	0.81	53	680	4.3	12.77	27.28	754	0.11	53.23	6.6
RG, SND EGGEL CHORIZ 6-8:1116	1 EACH	326	40.94	8.9	3.45	205	520	3.31	11.31	19.13	3484	0.75	130.54	2.96
RG, SND EGGEL SAUSAG 6-8:1116	1 EACH	318	40.28	8.61	3.22	213	510	3	11.28	18.51	394	0	129.41	2.71
RG, SND EGGWICH CHOR 6-8:0517	1 EACH	306	33.94	9.9	3.45	205	480	3.31	9.31	19.13	3469	0.75	170.54	2.6
RG, SND EGGWICH SAUS 6-8:0517	1 EACH	298	33.28	9.61	3.22	213	470	3	9.28	18.51	379	0	169.41	2.35
RG, SND FLAT TKY/CHS 6-8:0417	1 EACH	291	31.51	11.09	4.05	38	582	1	5	17.15	227	0	151.87	1.8
RG, SND MEATBALL SUB 6-8:0417	1 EACH	349	34.32	14.93	5.04	37	702	3.79	7.54	21.45	466	5.73	128.32	2.75
RG, TACO CHX 6-8:0516	1 EACH	361	49.09	11.18	3.53	40	532	5.86	1.41	18.48	929	0.14	102.81	3.27
SAL, CAESAR CHX 6-8:0317	1 EACH	462	52.68	14.13	2.95	53	770	6.17	9.51	23.94	5373	2.58	204.76	6.8
SAL, CHEF VEG 6-8:0517	1 EACH	457	74.34	14.93	4.83	111	535	30.44	8.15	31.87	6069	5.26	354.31	7.08
SAL, GARDEN RANC CHX 6-8:0317	1 EACH	493	43.48	27.11	5.27	122	708	7.19	8.5	16.6	14665	10.72	155.15	3.03
SAL, PIZZA CHX 6-8:0317	1 EACH	433	40.05	16.22	3.41	56	556	5.87	6.61	25.33	6791	5.06	211.63	3.09
SAL, SESAME CHX 6-8:0317	1 EACH	462	49.14	22.87	3.15	50	670	5.71	12.22	17.79	4283	12.17	49.72	7.04
SAL, TACO VEG 6-8:0517	1 EACH	461	62.6	12.31	2.96	192	534	11.4	6.89	23.85	3905	10.03	187.58	5.12
SND, CHEESE 6-8:0417	1 EACH	466	40.46	22.66	8.58	40	611	2.18	17.16	18.8	1439	7.3	383.44	1.56
SND, CHX SALAD 6-8:0517	1 EACH	345	27.71	12.47	2.36	52	316	2.31	4.41	19.9	1073	2.1	72.2	2.54
SND, DELI COMBO 6-8:0117	1 EACH	300	30	10	4	40	680	3	4	19	200	6	150	1.8
SND, EGG SALAD 6-8:0517	1 EACH	304	27.27	13.89	3.22	209	321	2.26	4.9	12.24	1361	1.5	91.95	2.8
SND, FTM CHEESE 6-8:0417	1 EACH	466	63.12	13.96	7.13	30	630	7.67	32.68	19.74	16075	14.7	423.34	2.62
SND, FTM CHX SALAD 6-8:0517	1 EACH	536	55.87	22.84	3.71	32	464	10.75	20.82	21.32	15698	9.19	128.24	4.52
SND, FTM DELI COMBO 6-8:0117	1 EACH	500	71.66	13.81	4.05	40	933	10.49	22.53	21.94	15237	13.39	209.9	7.36
SND, FTM HAM CHS 6-8:0417	1 EACH	480	50.57	20.29	6.86	56	785	7.67	20.39	20.69	15912	14.7	196.87	3.16
SND, FTM MAM YOGURT 6-8:0315	1 EACH	450	65.71	14.31	5.55	20	629	8.49	29.57	16.95	14907	7.4	430.43	2.14
SND, FTM TURKEY CHS 6-8:0417	1 EACH	533	67.75	18.25	6.08	52	765	7.25	33.14	22.79	15854	10.05	210.81	3.68
SND, FTM WRAP CHX BBQ 6-8:0517	1 EACH	537	71.1	10.76	5.21	63	632	8.16	41.49	29.19	17372	6.72	344.86	4.36
SND, HAM CHS 6-8:0417	1 EACH	391	27.91	19.98	6.8	56	701	2.18	4.86	19.76	1276	7.3	156.98	2.1
SND, HUMMUS DIPPER 6-8:0217	1 EACH	346	42.07	11.88	1.68	0	399	3.61	13.48	10.63	65	1.49	158.11	2.24
SND, NDL CHINESE CHX 6-8:0215	1 EACH	418	52.89	14.95	2.25	109	346	7.32	6.56	17.75	417	4.56	26.78	3.81
SND, SUNBUTTER KIT 6-8:0417	1 EACH	465	42.1	25.02	5.51	15	501	6.08	16.4	22.05	243	0.09	231.53	3.08
SND, TACO DIPPER 6-8:1216	1 EACH	393	51.02	10.14	4.74	21	586	6.74	0.64	19.49	515	2.34	263.44	3.18

