



ARE SCHOOL MEALS HEALTHIER?




Former First Lady Michelle Obama led an historic campaign to improve the quality of school meals. The Healthy, Hunger-Free Kids Act sets nutritional standards for school breakfast and lunch. In order to meet this Federal mandate, your school cafeteria must offer the following:

- All grains must be at least 51% whole-grain rich (including pizza, sandwiches, and pasta).
- Sodium intake levels restricted to no more than 1230mg, 1360mg, and 1420mg at elementary, middle and high schools respectively.
- Calorie limits based on the age of school children served.
- Saturated fat restricted to be less than 10% of total calories of average lunch.
- Mandatory requirements for fresh vegetable options, such as sweet potatoes, cabbage, baby carrots, celery sticks, and broccoli.
- All complete meals must include a fruit or vegetable serving.



NUTRITIONAL COMPARISON OF SCHOOL LUNCH & LOCAL RESTAURANTS

Nutritional Content	School Cafeteria		Local Restaurant
	Pizza (Pepperoni)		Pizza (Pepperoni) Domino's
Calories per serving	310		330
Total Fat (g)	12		14.5
Saturated Fat (g)	7		7
Sodium (mg)	570		810
Whole Grain	Yes		No
	French Fries		French Fries McDonald's
Calories per serving	130		340
Total Fat (g)	4.5		16
Saturated Fat (g)	0		2
Sodium (mg)	160		230
Whole Grain	n/a		n/a

	Cheeseburger		Cheeseburger Sonic
Calories per serving	315		710
Total Fat (g)	12.5		43
Saturated Fat (g)	4.77		17
Sodium (mg)	586		1120
Whole Grain	Yes		No
	Chicken Patty		Chicken Patty Chick fil-a
Calories per serving	352		440
Total Fat (g)	11.61		19
Saturated Fat (g)	2		4
Sodium (mg)	593		1350
Whole Grain	Yes		No
	BBQ Pork		BBQ Pork Cookout
Calories per serving	340		368
Total Fat (g)	14.5		12
Saturated Fat (g)	1.5		3
Sodium (mg)	750		1103
Whole Grain	Yes		No

So, are school meals healthier? Yes!!!

- When comparing school lunch to meals at local restaurants, there is a noticeable difference in **whole grain rich**, **sodium** and **fat** content. Reducing sodium and fat while increasing whole grains will significantly impact taste.

Therefore, one of our primary goals is to offer students healthy options that are also appetizing.



Join the challenge in helping to equip our students to make lifelong healthy eating habits!

Sources:

Dominos Nutrition Cal-O-Meter: <https://www.dominos.com/en/pages/content/nutritional/cal-o-meter.jsp>

Calorie King, http://www.calorieking.com/foods/calories-in-hot-fries-chips-french-fries-medium_f-ZmlkPTU1MTE3.html

Sonic Drive-in Menu: <https://www.sonicdrivein.com/menu/items/563-sonic-r-cheeseburger>

Chick-fil-a: <https://www.chick-fil-a.com/Menu-Items/Chick-fil-A-Chicken-Sandwich>

Cookout Nutrition: <http://www.cookout.com/nutrition/>

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