

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 5/1/18 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 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.

Nutrients Special Meal Accommodations

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)
Gluten-Free Asian Noodle Stir-Fry (Amy's)	300.00	50.00	7.00	1.00	0.00	630.00	5.00	16.00	9.00	1.80	100.00	1500.00	18.00
Gluten-Free Chicken Burrito Bowl	350.00	42.00	11.00	2.00	30.00	250.00	2.00	2.00	14.00	1.80	100.00	750.00	6.00
Gluten-Free Chicken Grilled Hawaiian Style (Evol)	320.00	61.00	2.50	0.00	20.00	580.00	3.00	21.00	13.00	2.70	60.00	400.00	24.00
Gluten-Free Steak and Rice Bowl	320.00	41.00	9.00	2.50	35.00	650.00	4.00	1.00	19.00	5.40	150.00	1250.00	36.00
Gluten-Free Steak Grilled Bowl (EVOL)	400.00	40.00	18.00	4.00	35.00	520.00	8.00	3.00	20.00	4.50	150.00	1250.00	18.00
Gluten-Free Tamale (Amy's)	340.00	55.00	10.00	1.00	0.00	780.00	12.00	6.00	7.00	3.60	80.00	200.00	4.80
Gluten-Free Tamale Roasted Vegetable (Amy's)	271.85	42.72	6.80	0.49	0.00	718.45	9.71	3.88	8.74	4.37	145.63	485.44	23.30