

School Lunch Makes the Grade for Taste and Nutrition

Schools across the country are working hard to give students great tasting, satisfying and healthy options for lunch.

- The USDA's New School Meal Rules require more whole grain foods, more fruits and vegetables, lean protein-rich food, and fat-free or low-fat milk. Weekly meals meet guidelines for calories, saturated fat, sodium and contain no trans fat.
- Some new items on menus across the country include:
 - Whole grain bean and cheese burrito
 - Whole grain turkey lasagna
 - Mediterranean veggie and hummus bowl
 - Sweet potato fries
 - Turkey burger on whole grain bun
- Locally grown foods are being sourced by many schools as part of their weekly menus.
- School Nutrition Association's "Back-to-School Trends Survey 2013" states that pizza continues to be the most popular lunch entree.
- A recent study suggests that acceptance of a favorite food like pizza made with whole grain flour can pave the way for the successful introduction and acceptance of new recipes for other whole grain foods in schools, such as whole grain pasta, tortillas and breads.*

*Journal of the Academy of Nutrition and Dietetics, October, 2013. AND

School Lunch vs. Bag Lunch

School lunch—BIG DADDY'S® 8-Cut Pizza (78985)

School Lunch—

Whole Grain Cheese Pizza	1 Serving
Carrot Strips/slices, USDA	1/2 Cup
Apple Medium 3", USDA	1/2 Apple
1% Milk w/added vitamin A & D	8 Fluid ounce

Nutrition Facts	
1 Lunch	
Amount Per Serving	
Calories 570	Calories from Fat 170
%Daily Value*	
Total Fat 19g	26%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 880mg	37%
Total Carbohydrate 73g	24%
Dietary Fiber 8g	32%
Sugars 31g	
Protein 28g	

*Percent Daily Values are based on a 2,000 calorie diet.

Bag lunch—Turkey Sandwich

Bag Lunch—

Turkey Sandwich	
Wheat Bread	2 Slices
Turkey Breast Lunch Meat	2 Oz
Iceberg Lettuce Leaf, Medium	1 Each
Salted Butter	1 Teaspoon
American Cheese, sliced past, proc	1 Piece
Carrot Strips/Slices, USDA	1/2 Cup
Ranch Salad Dressing	1 Oz
Multigrain SunChips®, original	1 Oz

Nutrition Facts	
1 Lunch	
Amount Per Serving	
Calories 690	Calories from Fat 310
%Daily Value*	
Total Fat 34g	52%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1650mg	69%
Total Carbohydrate 66g	22%
Dietary Fiber 7g	28%
Sugars 23g	
Protein 29g	

*Percent Daily Values are based on a 2,000 calorie diet.

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Pizza Facts*

Pizza is nutritious for kids.

Whole grain pizza is one of the top sources of calcium, protein and fiber in the diets of children age 2-18 years.

- No. 2 source of protein
- No. 3 source of calcium
- No. 4 source of dietary fiber

School pizza is a significant source of Vitamin A and calcium for children. Pizza can fit into a healthy eating plan. Pizza contributes many essential nutrients to children's diets - particularly teens.

- Removing pizza from the diet could lead to a significant drop in the essential nutrients: calcium and protein (from cheese), B-vitamins, fiber and iron (from whole grain crust) and vitamin A (from the sauce).

Cheese is part of a healthy meal plan.

Cheese is a high-quality food providing valuable nutrients that have been, and continue to be, part of a healthy eating plan.

*Source: Innovation Center For U.S. Dairy® and National Dairy Council®, 2013

- School pizza can meet the guidelines of the National School Lunch program while delivering the flavor that students prefer, including spicier sauces and great-tasting whole grain crusts.
- One slice of cheese pizza can have less than 400 calories, a whole grain crust, calcium, protein and fiber, and is a great option when served with fruit, vegetables and low-fat milk.



BIG DADDY'S® Bold 51% WG Rolled Edge Cheese Pizza

Nutrition Facts

Serving Size 1/8 Pizza (158g)

Amount Per Serving

Calories 390 **Calories from Fat 150**

%Daily Value*

Total Fat 17g **26%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 730mg **30%**

Potassium 360mg **10%**

Total Carbohydrate 43g **14%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 19g

Vitamin A 10% • Vitamin C 0%

Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Whole grain per serving 26g or 51%



TONY'S® SMARTPIZZA® WG Cheese Pizza

Nutrition Facts

Serving Size 1 Piece (127g)

Amount Per Serving

Calories 300 **Calories from Fat 100**

%Daily Value*

Total Fat 11g **17%**

Saturated Fat 5g **27%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 580mg **24%**

Potassium 240mg **7%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **18%**

Sugars 14g

Protein 16g

Vitamin A 6% • Vitamin C 0%

Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Whole grain per serving 18g or 52%

