

Carbohydrate in an average school lunch = 100 grams (60% of 664 kcal)

Due to the “offer vs serve” style of meal service, students may choose all five food groups offered at lunch or only 3 or 4 of the five.

Since students serve themselves fruits and vegetables from the Fruit & Veggie Bar, the exact amount of carbs in the serving amount they select would need to be determined by an observer at the school. The following estimates of specific lunch choices can be used

Average lunch entree contains two starches = approx 30 grams

High carb entrees = approx 45 grams (40-50)

(lowfat fruit yogurt, pizza)

8 oz white milk = 11 grams

8 oz choc milk = 22 grams

1 fruit serving = 15 grams

1 veggie serving = 5 grams

1 oz bread = 15 grams (some breads such as rolls are 2 oz)

Range of carbohydrate content due to variability of student selections =

Minimum of 60 grams to maximum of 125 grams

(125 grams only if all food items, high carb entree, choc milk and extra fruit are chosen)

Nutrition Services maintains a spreadsheet of carb counts for individual entrees and keeps food labels on file in our central office. Contact 503-916-3365

What's in a School Lunch?

The infographic features a central Nutrition Facts label for a school lunch. To the left of the label are five callout boxes with lines pointing to specific parts of the label:

- School meals feature traditional serving sizes - no SUPERSizing!** (points to the Serving Size: 1 lunch)
- 1/3 of 2000 calories per day** (points to the Total Calories: 664)
- Not to exceed 30% when averaged over a school week.** (points to the %Daily Value column)
- Suggested goal, not required.** (points to the Total Carbohydrate 100g)
- Suggested goal, not required.** (points to the Sugars 11g (~3 tsp))

Nutrition Facts	
Serving Size:	1 lunch
Servings per container:	1
Amount Per Serving	
Total Calories	664
Calories from Fat	199
%Daily Value	
Total Fat 22g	33%
Saturated Fat 7g	35%
Cholesterol 100mg	33%
Sodium 800mg	33%
Total Carbohydrate 100g	33%
Dietary Fiber 8g	33%
Sugars 11g (~3 tsp)	
Protein 10g	
Vitamin A 224RE	33%
Vitamin C 15mg	33%
Calcium 286mg	33%
Iron 3.5mg	33%