

## NUTRITION BREAKDOWN

### 1960 school lunch

(weighted daily average)

MONDAY	
Calories	790
Protein	14.6%
Carbohydrates	40%
Fat	42.5%
Saturated fat	17.9%
TUESDAY	
Calories	728
Protein	23.9%
Carbohydrates	44%
Fat	32.5%
Saturated fat	12.2%
WEDNESDAY	
Calories	787
Protein	15.4%
Carbohydrates	53.1%
Fat	34.6%
Saturated fat	14.9%
THURSDAY	
Calories	797
Protein	12.3%
Carbohydrates	49.3%
Fat	39.5%
Saturated fat	14.6%
FRIDAY	
Calories	935
Protein	18.3%
Carbohydrates	45.7%
Fat	37.1%
Saturated fat	14.9%

### 2010 school lunch

(weighted daily average)

MONDAY	
Calories	670
Protein	18.2%
Carbohydrates	60.3%
Fat	20.6%
Saturated fat	8.7%
TUESDAY	
Calories	671
Protein	17.8%
Carbohydrates	55.5%
Fat	26.8%
Saturated fat	10.1%
WEDNESDAY	
Calories	645
Protein	14.5%
Carbohydrates	56.1%
Fat	30%
Saturated fat	9.3%
THURSDAY	
Calories	676
Protein	18.5%
Carbohydrates	53.9%
Fat	28.3%
Saturated fat	14.8%
FRIDAY	
Calories	726
Protein	14.1%
Carbohydrates	56.5%
Fat	30.8%
Saturated fat	6.8%

## 1960 BASIC FOOD GROUPS:

BREAD, CEREAL

**4 or more servings**

FRUIT and VEGETABLES

**4 or more servings**

(including dark green/yellow vegetables frequently and citrus daily)

DAIRY, MILK

**2 cups or more**

MEAT, FISH, POULTRY, EGGS, DRY BEANS AND NUTS

**2 or more servings**

In 1956, the seven food groups were condensed to the "Basic Four" in the USDA publication *Essentials of an Adequate Diet*. The guide was intended to meet only a portion of calories and Recommended Dietary Allowances for nutrients. It recommended a minimum number of servings from the above food groups.

## 2010 BASIC FOOD GROUPS:

BREAD, GRAIN, CEREAL AND PASTA

**6 servings**

VEGETABLES

**4 1/2 servings**

FRUIT

**4 servings**

DAIRY, MILK

**3 servings**

BEANS, EGGS, LEAN MEAT AND FISH

**2 1/2 servings**

## 1960 elementary school lunch menu

### MONDAY

Green beans with diced bacon, cabbage and apple salad, lunch meat wedge, toasted cheese sandwich, canned plums

### TUESDAY

Meat and vegetable stew, cabbage wedge, meat wedge, cornbread and canned peaches

### WEDNESDAY

Chili, lettuce with Thousand Island dressing, orange rolls, fruit jello

### THURSDAY

Wiener, hash-brown potatoes, sunshine salad, chocolate pudding

### FRIDAY

Spaghetti with tomato-cheese sauce, buttered peas, celery sticks, orange quarters, tuna sandwich, Halloween cake.

## 2010 elementary school lunch menu

### MONDAY

Oriental chicken dippers, garlic bread stick and rice OR pizza OR Speed Boat, fresh fruits and vegetables, variety of lowfat milk

### TUESDAY

Italian ravioli and bread stick OR cheeseburger OR Speed Boat, fresh fruits and vegetables, variety of lowfat milk

### WEDNESDAY

Soft or hard taco OR hot dog on a bun OR Speed Boat, fresh fruits and vegetables, variety of lowfat milk

### THURSDAY

Chicken pot pie with whole-grain biscuit OR Hawaiian pizza OR Speed Boat, fresh fruits and vegetables, variety of lowfat milk

### FRIDAY

Rib-b-que sandwich OR chicken nuggets with barbecue sauce OR Speed Boat, fresh fruits and vegetables, variety of lowfat milk

Here's what's on the menu daily at all Spokane Public School elementaries in 2010:

THREE ENTREE CHOICES

1. Traditional
2. Favorite
3. Speed Boat

Children chose:

50% Favorite

25% Traditional

25% Speed Boat

TRADITIONAL: OR such as chicken pot pie, Italian ravioli, etc.

FAVORITE: OR such as pizza, hamburgers or chicken nuggets

SPEED BOAT: Yogurt, string cheese, bear graham cracker OR a peanut butter and jelly sandwich and cheese stick

FRUIT AND VEGETABLE BAR: (e.g. Bananas, apples, oranges, carrots, salad, canned peaches)

MILK: Nonfat milk, 1% milk, Nonfat chocolate milk

School lunches must meet the applicable recommendations of the 1995 Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium and calories.

SOURCES: Doug Wordell, Spokane Public Schools' nutrition services director; USDA

