School Lunch: Comparing Yesterday and Today

Menu 5 Years Ago	Today's Menu	Nutrition Changes
Fried Chicken Nuggets	Fajita Chicken Strips	Produced from marinated boneless skinless chicken strips, baked. No breading Lightly seasoned Lower fat
Tator Tots	Oven Fries Potato Wedges	Less sodium and fat Baked
Green Beans	Vegetable choice of fresh carrots, broccoli, tomatoes cauliflower, and cucumbers Baked Beans	Increased vitamins and minerals Increased fiber
Biscuits	Whole Grain Bread Brown Rice	Increased fiber Lower fat
Chocolate Cake with Icing	Cookies with oatmeal Baked goods with whole grain flour Fruit as dessert Fruit Crisp from apples, peaches Frozen 100% Fruit Bar Frozen Fruit Cups	Good carbohydrate source with fiber Increased vitamins and minerals Lower in fat