

Egan Lunch Program

Fall 2006-Spring 2007

Governor Schwarzenegger signed into law a set of new nutritional guidelines for schools. These guidelines specify the nutritional content of the food served and/or sold at school including through hot lunch programs and any student store purchased items. Our menu this year follows these state nutritional guidelines.

A brief summary of these guidelines:

Calorie limits:

Entrees will have a maximum of 400 calories

Snacks / Side dishes will have a maximum of 250 calories

Fat limits:

35% total fat limit for any given item.

10% total saturated fat limit for any given item.

These limits may be averaged over the period of a week.

Sugar limits:

Added sugar not to exceed 35% of total weight /volume.

Naturally occurring sugar in fruits are exempt from this.

See the full guidelines on the state website.

See the Egan Fall 2006 Hot Lunch [menu and nutritional information](#) for each of these menu items.

Donna Soo (who is also an Egan parent) is the nutritional consultant for the Los Altos School District schools to ensure that the menu items are meeting the guidelines. Please contact Donna if you have specific questions on the nutritional content.