



North Allegheny School District Commissable Nutrition Information

Commissioner Nutrition, our cafeteria friend investigates healthy foods each month. He promotes healthy eating by encouraging students to eat foods from all 5 major food groups for a well balanced diet.

Commissable lunches contain protein, grains, fruit, vegetables, and the student has a choice of milk.

Fruit & vegetable choices are subject to change due to availability.

Nacho & Cheese Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories: 408	
Total Fat 9 g	
Saturated Fat 4 g	
<i>Trans</i> Fat 0 g	
Cholesterol 19 mg	
Sodium 888 mg	
Total Carbohydrate 56 g	
Dietary Fiber 3 g	
Protein 26 g	
Vitamin A	1480 RE
Vitamin C	35 mg
Calcium	756 mg
Iron	.5 mg

Honey PB & J Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories: 641	
Total Fat 22 g	
Saturated Fat 6.5 g	
<i>Trans</i> Fat 0 g	
Cholesterol 20 mg	
Sodium 644 mg	
Total Carbohydrate 86 g	
Dietary Fiber 5 g	
Protein 26 g	
Vitamin A	953 RE
Vitamin C	44 mg
Calcium	555 mg
Iron	3 mg

PB & J Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories: 443	
Total Fat 14 g	
Saturated Fat 5.5 g	
<i>Trans</i> Fat 0 g	
Cholesterol 15 mg	
Sodium 628 mg	
Total Carbohydrate 57 g	
Dietary Fiber 3.5 g	
Protein 21 g	
Vitamin A	1441 RE
Vitamin C	29 mg
Calcium	544 mg
Iron	1.3 mg

Turkey & Cheese Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories: 533	
Total Fat 15 g	
Saturated Fat 9 g	
<i>Trans</i> Fat 0 g	
Cholesterol 69 mg	
Sodium 767 mg	
Total Carbohydrate 55 g	
Dietary Fiber 2.5 g	
Protein 39 g	
Vitamin A	1481 RE
Vitamin C	29 mg
Calcium	837 mg
Iron	1.7 mg

Yogurt & Cheese Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories:	473
Total Fat 10 g	
Saturated Fat 6 g	
<i>Trans</i> Fat 0 g	
Cholesterol 20 mg	
Sodium 573 mg	
Total Carbohydrate 75 g	
Dietary Fiber 2 g	
Protein 20 g	
Vitamin A	1541 RE
Vitamin C	29 mg
Calcium	723 mg
Iron	.9 mg

Ham & Cheese Commissable	
Nutrition Facts	
Serving Size	1 Package
Serving Per Container	1
Amount Per Serving	
Calories:	502
Total Fat 16 g	
Saturated Fat 9 g	
<i>Trans</i> Fat 0 g	
Cholesterol 56 mg	
Sodium 1418 mg	
Total Carbohydrate 55 g	
Dietary Fiber 2.5 g	
Protein 30 g	
Vitamin A	1481 RE
Vitamin C	29 mg
Calcium	828 mg
Iron	1.8 mg