

Reach-Your-Peak Whole-Grain Pepperoni Pizza

Items	Elementary Serving Size	Secondary Serving Size	Recipe	Healthy Preparation Tips
Whole-grain Pepperoni Pizza*	1 slice*	1 slice*		Use whole-grain crust and lowfat cheese
Broccoli Florettes	1/2 cup	3/4 cup		
Fresh Pear	1 medium	1 medium		
Whole-Wheat Roll	1	1		
Milk (variety)	8 fl. ozs	8 fl. ozs		Offer skim/lowfat varieties
Elementary Per Serving: 726 cal., 32.9 g pro., 116.9 g carb., 14.8 g fiber, 17.1 g fat, 6 g sat. fat, 22 mg chol., 1,297 mg sod., 2,027 vit. A, 44.9 vit. C, 639.4 mg ca., 7.6 mg iron				
Secondary Per Serving: 739 cal., 34.4 g pro., 119.4 g carb., 16.1 g fiber, 17.2 g fat, 6 g sat. fat, 22 mg chol., 1,302 mg sod., 2,492 IU vit. A, 63.4 mg vit. C, 654.6 mg ca., 7.8 mg iron				

*Due to the variety of brands, styles and sizes of pizza commonly served in schools, it's particularly important to conduct your own nutrient analysis for this menu.

¹ You can find this recipe later in Spring 2010 at www.schoolnutrition.org/NSLW10.

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.