

Not All Chicken Nuggets Are Created Equally?

Because most people equate chicken nuggets, burgers and pizza to fast food restaurants, when they are served at school, they automatically have a reputation of “junk food”. But not all chicken nuggets are created equally.



Fast Food Nuggets (High school Serv. of 8)

Calories	380
Fat	24g
Saturated Fat	4g
Whole Grain?	NO
Sodium	720 mg
Protein	18 g
Sugar	4g



School Lunch Nuggets (High School Serv. of 8)

Calories	368
Fat	20.8g
Saturated Fat	4g
Whole Grain?	YES
Sodium	700 mg
Protein	19.2 g
Sugar	1.6g

In addition, none of our foods are ever fried, not ever.