

Hempfield School District and Fast Food Kids' Meals

Chicken Nugget Meal Comparison



Chart Key:

■ Hempfield
 ■ Fast Food Kids' Meals

	PORTION SIZE	CALORIES (Kcal)	FAT (g)	SAT FAT	TRAN FAT	CHOL (mg)	Na (mg)	CARB (g)	TDF (g)	SUGAR (g)	PROT (g)	FE (mg)
CHICKEN												
WG CHICKEN NUGGETS - (5 PC)	5 PC	260	15	2.5	0	25	400	16	3	1	16	1.8
CHICKEN NUGGETS (6 PC)	6 PC	280	18	3	0	33	40	18	1	0	13	4
FRENCH FRIES												
MCCAIN BAKED RS CRINKLE FRY	2 1/8 OZ = 1/2 C	89	2.99	0	0	0	114	14	0.9	0.3	0.9	0.3
FRENCH FRIES	2.6 OZ. (SM)	230	11	1.5	0	0	130	30	2	0	2	4
FRESH FRUIT												
FRESH APPLE WEDGES	2 OZ = 1/2 C.	29	0	0	0	0	0	6	0.9	5	0	0
FRESH APPLE WEDGES	1.2 OZ	15	0	0	0	0	0	4	0	3	0	0
FLUID MILK												
FAT FREE FLUID MILK	1 CUP=8 OZ.	117	0.8	0.6	0	7	162	17	0	15	8	0
FAT FREE CHOCOLATE MILK	236 ML	130	0	0	0	5	135	23	1	22	9	8

WG - Whole Grain | RS - Reduced Sodium