

ABSTRACTS**Meal Planning for School Cafeteria for Male Students
In Saudi Arabia*****Hassan A.Al-Kahtani and Hamza M.Abu-Tarboush*****Food Sciences and Nutrition Department
College of Agriculture, P.O. Box 2460, King Saudi University
Riyadh 11451, Saudi Arabia**

This Study proposed meals for school cafeteria for male students in elementary, and middle and high schools, using the available foods in local markets. Meals were to provide 25% of the RDA for key nutrients as well as 25% of calorie needs for specific age /grade groups for meal. The nutrient standards set target goals for calories, calcium, iron, protein, vitamin A and vitamin C and for percentages of calories from fat and saturated fat, while keeping with the recommendations of school meals initiative for healthy students with regards to carbohydrates, sodium, dietary fiber, and cholesterol. Meals were planned for the entire school week day by day. Food items were among the five food groups illustrated in Food Guide Pyramid. The serving for school-age student (Grades K-6, and K7-12) were calculated. The suggested meals were all sufficient in key nutrients, except vitamin A. This brings the need for vitamin A-fortified dairy products mainly fresh milk in the school menu. Safety, variety (according to the guidelines on foods and beverages in school cafeteria, set by the Ministry of Education), palatability, and storage time during transportation and handling at room temperature (25°C), as well as the daily school breakfast meal (SR3.5) are taken into consideration.