



Why School Lunches Are The Way To Go

BENEFITS OF A SCHOOL PURCHASED MEAL



- CONVENIENCE FOR PARENTS
- VARIETY OF HEALTHY OFFERINGS
- HOT AND COLD OPTIONS DAILY



- FIVE LUNCH COMPONENTS OFFERED DAILY
- LOWFAT & 100% JUICE STAY REFRIDGERATED UNTIL LUNCHES ARE SERVED



- USDA NUTRITIONAL REQUIREMENT TARGETS ARE MET ON EVERY MEAL SERVED
- VERY AFFORDABLE

Total Cost of:
Elementary/Intermediate: \$3.00
Middle/High School: \$3.25

COST OF A BAGGED LUNCH FROM HOME



BAGGED LUNCH CONSISTING OF:

SANDWICH:

- 2 SLICES WHOLE WHEAT BREAD
- 2 SLICES HAM
- 2 SLICES AMERICAN CHEESE
- TOTAL COST = \$1.40

CAPRI SUN DRINK: COST = \$.22

BAG OF CHIPS: COST = \$.54

PACK OF APPLE SLICES: COST = \$.50

Total Cost of Above: \$2.66