



Bagged Lunch vs. School Lunch

Parents: A breakdown of what a typical bagged lunch may cost VS. the cost of school lunch at Olmsted Falls Schools!

(Prices are based on average retail costs of lunch ingredients. Some parents may choose to buy more or less expensive items.)

Turkey Sandwich

2 slices of Whole Wheat bread (at \$2.89 per loaf) = \$ 0.20

3 oz. Sliced Turkey Breast (at \$5.99 per pound) =\$1.83

1 oz. American Cheese (at \$5.99 per pound) = \$0.37

Snack

1 oz. Chex Mix (at \$2.49 per 8 oz bag) = \$0.33

1 Cheese stick (24 pack) = \$0.34

Veggie Pack

¼ cup broccoli florets (at \$0.99 per pound) = \$0.07

¼ baby carrots (at \$2.99 per pound) = \$0.19

Fruit

Individual Berry-flavored applesauce cup (at \$2.99 per six-pack) = \$0.37

Beverage

Milk (individual) = \$1.09

Juice Box = \$0.75

Other

1 Brown bag (for lunch) = 0.057

1 Baggies (for vegetables) = 0.035

1 reusable container (for sandwich) = 2.99

GRAND TOTAL (excluding reusable container)

With Milk: \$4.88 (\$878.4 / year)

With Juice Box: \$4.54 (\$817.2 / year)

With School Bought Milk (\$0.50): \$4.29 (\$772.2 / year)

No drink: \$3.79 (\$682.2 / year)

COST OF A SCHOOL LUNCH = \$2.45 (and you don't have to fix it!!)
(\$441 / year)

COST:

Cost of preparing school lunches at home (with juice box):

$\$4.54 / \text{day} \times 5 \text{ days} / \text{week} = \22.7 per week

$\$22.7 / \text{week} \times 4 \text{ weeks} / \text{month} = \90.8 per month

$\$90.8 / \text{month} \times 9 \text{ months} = \817.2 per year

Cost of school lunches (with milk):

$\$2.45 / \text{day} \times 5 \text{ days} / \text{week} = \12.25 per week

$\$12.25 / \text{week} \times 4 \text{ weeks} / \text{month} = \49 per month

$\$49 / \text{month} \times 9 \text{ months} = \441 per year

COST SAVINGS:

That is a savings of \$2.09 (with juice box) each day your child buys lunch at school!

Let's do the math:

$\$2.09 / \text{day} \times 5 \text{ days} / \text{week} = \10.45 per week

$\$10.45 / \text{week} \times 4 \text{ weeks} / \text{month} = \41.8 per month

$\$41.8 / \text{month} \times 9 \text{ months} / \text{school year} = \$376.2 \text{ per school year}$

This savings of \$376.2 is just the cost of food! Extra will have to be spent for insulated reusable lunch bags, lunch boxes, and maybe even a Thermos. Don't forget about plastic, sealable sandwich and snack bags.

Even if you save money by buying the school milk at \$0.50 / day, and bring your lunch from home, your costs are still \$331.2 more per year.

We also offer fresh fruits and vegetables daily! Raspberries, blueberries, strawberries, mango, kiwi ... broccoli, baby carrots, salad, mixed vegetables ... We all know how expensive fresh fruits and vegetables are; these fresh fruits and vegetables are offered as part of "the school lunch" which costs only \$2.45.

HOW MUCH TIME DO YOU SPEND PACKING YOUR CHILD'S LUNCH???

You can spend 10 minutes packing a lunch in the morning. Buying school lunch saves you time. Let's do the math:

$10 \text{ minutes} / \text{day} \times 5 \text{ days} / \text{week} = 50 \text{ minutes per week}$

$50 \text{ minutes} / \text{week} \times 4 \text{ weeks} / \text{month} = 200 \text{ minutes per month}$

$200 \text{ minutes} / \text{month} \times 9 \text{ months} / \text{school year} = 1800 \text{ minutes per school year!}$

1800 minutes equals 30 hours! If your child buys school lunch, you have 30 extra hours each school year to read, talk, or walk with your child in the morning before school, take your time going to work (instead of rushing in traffic), or get an errand out of the way.

Things can be very busy at home getting everyone ready for the day. With school lunch, there are no lunches to prepare, saving you TIME!

EAT SCHOOL LUNCH!!

However if you have to pack your students lunch, here are some ideas:

1. When planning your child's lunch, try to include foods from all 5 groups in the Food Pyramid (whole grains, fruits, veggies, dairy, & meat/meat alternative)
2. Ask you child what he/she wants to eat.
3. Plan a weekly menu to avoid last minute, poor choices, and to assure you have the necessary ingredients available.

HEALTHY LUNCH SUGGESTIONS

Choose from each list

<u>Grains</u>	<u>Meat/Meat Alternative</u>	<u>Dairy</u>	<u>Veggies</u>	<u>Fruits</u>
Bagels	Low Fat Hot Dog	Skim or 1% milk	Raw veggies w/dip	Apple
Rolls	Lean Turkey	String Cheese	Celery	Orange
Pita Pockets	Chicken	Cheese cubes	Carrots	Grapes
English Muffin	Ham	Yogurt	Cucumbers	Raisins
Whole Grain Bread	Roast Beef	Cottage Cheese	Tomatoes	Melon
Pasta	Tuna		Bell Peppers	Peaches
Bread Sticks	Hard Boiled Eggs		Cauliflower	Pears
Soft Pretzels	Peanut Butter		Broccoli	Apricots
Crackers	Hummus		Zucchini Sticks	Applesauce
Popcorn			Pickles	Berries
Choose whole grain options when available			Tossed Salad	Fruit cocktail

“Others” that if included should be used sparingly:
(When using these items, choose low fat options)

Cookies
Donuts
Salad Dressing
Sour Cream
Potato Chips
Mayonnaise
Butter or Margarine
Cream Cheese

Smart Sweets

You do not have to exclude sweets completely but they should be used sparingly and offered at the end of a meal and not in between meals.

Low Fat Cookies
Angel Food Cake
Pudding
Fruit (apples with peanut butter or caramel dip)
Yogurt

Sample Menus

Turkey Sandwich
On whole grain bread
w/lettuce, tomato & mustard

Carrots & Cucumber
w/low fat ranch dip

Grapes
Popcorn
Milk

Peanut Butter & Banana
sandwich on whole grain
bread

String cheese

Celery with low fat
cream cheese

Pretzels
Milk

Snacking

Snacks should be light. If they are too filling you may not eat well at mealtime. Light snacks can be easy and tasty. Here are some quick ideas:

- hard cooked egg
- fresh fruits & fresh vegetables
- popcorn (without butter)
- graham crackers
- glass of lowfat milk
- fig cookies
- nuts & seeds
- trail mix
- baked chips
- string cheese
- cheese cubes
- cereal bar
- bowl of cereal
- animal crackers
- whole grain bagel

Remember to keep the size of the snack small.

Add fresh fruits and vegetables to your shopping list and serve them at snack time.

When eating snacks have your child sit quietly in the same place he/she eats his/her meals. This will help to keep from snacking out of control in front of the TV and other places.

Stay away from snacks with lots of sugar or fat. It will help to keep foods, like candy, soda and regular chips out of your house.

Remember to use the same rules for all of your children. One child should not have special rules.

USDA Breakfast Nutrient Requirements

Age/Grade:	K-5	6-12
Calories:	554	618
Protein:	10 g	12 g
Calcium:	257 mg	300 mg
Iron	3.0 mg	3.4 mg
Vitamin A	197 RE	225 RE
Vitamin C	11 mg	14 mg

USDA Lunch Nutrient Requirements

Age/Grade:	K-5	6-12
Calories:	664	825
Protein:	10 g	16 g
Calcium:	286 mg	400 mg
Iron:	3.5 mg	4.5 mg
Vitamin A	224 RE	300 RE
Vitamin C	15 mg	18 mg

Total Fat: No more than 30% of total calories should come from fat.

Saturated Fat: Less than 10% of total calories should come from saturated Fat.

Grams = g

Milligrams = mg

Retinol Equivalents = RE