



*Centerville City Schools*

## Student Nutrition Services

### 2019-2020 Meal Pricing Guide

#### Elementary Schools:

Breakfast*-	\$1.55 per day/\$7.75 per week
Lunch-	\$2.65 per day/\$13.25 per week
Milk-	\$.55

#### Middle Schools:

Lunch-	\$2.90 per day/\$14.50 per week
Milk-	\$.55

#### High Schools:

Breakfast*-	\$1.75 per day/\$8.75 per week
Lunch-	\$3.25 per day/\$16.25 per week
Milk-	\$.55

\*Breakfast only available at PVN, PVS, Cline, Driscoll, Normandy and CHS.

### How does my school's lunch compare to packing a lunch?

#### Financially:

- On average it costs less to buy a school lunch than to bring a lunch from home
- The estimated national average of a lunch from home was \$3.43 in 2009
  - Average packed lunch cost- **\$3.43 per day/\$17.15 per week**

#### Nutritionally:

- Meals served under the National School Lunch Program (NSLP) must meet nutrition guidelines based on the Dietary Guidelines for Americans
- School meals contain no trans-fat and less than 10% of calories from saturated fats.
- Meals contain up to 1 whole cup of vegetable and ½ cup of fruit daily
- Compared to lunches from home, school lunches contain:
  - Three times as many dairy products
  - Twice as much fruit
  - Seven times as many vegetables
- NSLP participants have substantially lower intake of added sugars than do non-participants.