



Student Nutrition Services

2018-2019 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, 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.