

## School Meals- Convenient and Affordable

Did you know your school cafeteria conveniently offers breakfast and lunch at an affordable price every school day?

A breakfast consisting of cereal, milk, Nutri-Grain bar, a piece of fresh fruit and juice would cost you approximately \$2.50 at home. Students can get all of that at school for just \$1.45. That's a savings of \$1.05 a day, or over \$20 a month! If your student bought school breakfast every day, you could save approximately \$200 each school year, per student.

Your student is not a fan of cereal? Hot breakfast entrées, such as Chicken Sliders, French Toast Sticks, and Ham and Cheese Croissants, are offered each day. Homemade, real fruit smoothies are offered on Tuesdays and Thursdays- yum!

*Our healthy school breakfasts are definitely a bargain, and so are school lunches!*

On the low end, parents can expect to spend around \$3.48 per packed lunch for a turkey and cheese sandwich, a serving of fruit, two servings of vegetables and a small juice box. High school lunches include an entrée, one cup of vegetables, one cup of fruit and a milk, all for only \$2.70. That's a savings of \$0.78 per day, or over \$15 per month.

What if your student is packing a leftover piece of pizza, banana, veggies and bottled water? Even if your delivery pizza was purchased using a discount, the lunch total would still cost approximately \$2.95. In this case school lunches give you more food for your money and a total savings of almost \$50 per school year. What if your student brings half a leftover Chipotle burrito bowl, a bottled juice drink and an apple? By purchasing school lunch instead, you could be saving over \$425.00 per school year!

Besides the financial benefits of buying school meals, parents can feel good knowing their students are fueling up for the school day with plenty of fruits and vegetables, and whole grain, low fat, low sodium choices. Entrée salads and various vegetarian choices are also offered for lunch every day. Plus, our dinner rolls, garlic bread, cinnamon bread and fiesta cornbread are homemade right in your school's kitchen! Sound tasty? See below for meal pricing, and visit [MySchoolBucks.com](http://MySchoolBucks.com) to add money to your student's cafeteria account using a credit card.

### **Breakfast:**

\$ .30 Student Reduced Price

\$1.45 Student Full Price

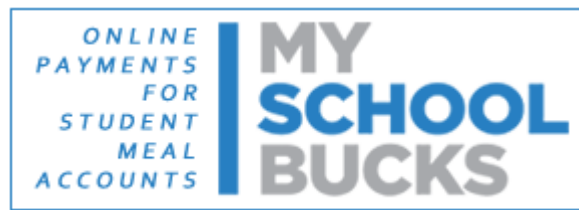
\$2.00 Adult Price

### **Lunch:**

\$ .40 Student Reduced Price

\$2.70 High Student Full Price

\$3.40 Adult Price



\* Home prices are averages of the food items, based on 2015 reports by the Economic Research Service in the United States Department of Agriculture, and peapod.com for the Manassas, VA area.