



Bagged Lunch vs. School Lunch

Parents: Ever wonder the value of the school lunch?
Are you tired of packing your child's lunch?

Here are some examples to answer your questions and ease your mind when trying to think of a new lunch to pack. Look no further than school lunch! (Prices used in examples are based on the average retail cost of lunch ingredients. Parents, you may be buying higher or lower priced items.) Below are two packed lunch examples with boxes on the side using combinations from both lunches to form further examples of packed lunches.

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PACKED LUNCH EXAMPLE 1

Sandwich: Smuckers Uncrustable PB & J
(4 pack for \$3.00)=\$0.75

Vegetable: Chiquita Baby Carrot Bites with Ranch Dip
(4 pack for \$4.29)=\$1.08

Fruit: Motts Original Applesauce Cup
(6 pack for \$2.19)=\$0.37

Dessert: Snackpack Chocolate Pudding Cup
(4.25 oz cup at 9.0 cents/oz)=\$0.38

Drink: School Milk=\$0.50

Grand Total: \$3.08

PACKED LUNCH EXAMPLE 2

Sandwich: 2 slices Home Pride wheat bread
(20 slices for \$2.89)=\$0.30

2 oz Deli Ham: (At \$5.99)=\$0.76

½ oz American cheese: (At \$4.99)=\$0.16

Vegetable: Chiquita Baby Carrot Bites with Ranch Dip
(4 pack for \$4.29)=\$1.08

Fruit: 1 banana(49 cents/lb)=\$0.19

Dessert: Synder Pretzel Sticks
(1 serving from \$2.99 bag)=\$0.19

Drink: Juicy Juice Apple Juice Box
(6.75 oz juice box at 5.1 cents/oz)=\$0.34

Grand Total: \$3.02

Average cost of bagged lunch: \$3.05 **Using all combinations listed**

Uncrustable + baby carrots + banana +pretzels + milk = \$2.71

*Ham/cheese sandwich + baby carrots +applesauce cup
+ pudding + juice box = \$3.39*

Uncrustable + baby carrots + banana + pudding + juice box = \$2.74

Ham/cheese sandwich + baby carrots + banana + pretzels + milk = \$3.18

*Ham/cheese sandwich + baby carrots + applesauce cup
+ pudding + juice box = \$3.55*

Uncrustable + baby carrots + banana + pudding + milk = \$2.90

*Ham/cheese sandwich + baby carrots + banana
+ pretzels + juice box = \$3.02*

Uncrustable + baby carrots + banana + pretzels + juice box = \$2.55

The Savings of Buying School Lunch

Average cost of Sack Lunch: \$3.02 compared to
\$2.50/ \$2.75 School Lunch Price



Savings: \$.52 a day
\$.52 a day x 5 days a week = \$2.60 a week
\$2.60 a week x 4.2 weeks a month = \$10.92 a month
\$10.92 a month x 9 months a school year = \$98.28 a school year



Total Savings a School Year: \$98.28 *per child*

These savings of \$98.28 are strictly the cost of food! Extra money is spent for brown bags or a lunch box; ice packs or thermoses; plastic bags, silverware, and napkins.

High School Meal Savings even greater when you factor that most who buy lunch downtown spend an average of \$5.00-\$8.00 a day!

Time saved when not preparing a bagged lunch: 10 minutes a day

- Every school meal offers a variety of fruits and vegetables each day on the Health Bar as well as the delicious, nutritious entrees, side dishes and cold milk.
- All entrees are served hot with the exception of cold sandwiches. Impressive fuel for our cold weather needs.
- All meals are balanced with the amount of calories and nutrients needed to nourish your child's growing body.
- No worry of not having anything to pack for lunch.

The Savings of Buying School Breakfast

What can you serve your child at home that costs less than \$1.50?

Think of the time saved and the less hassled mornings of trying to get your child to hurry up and eat so they won't be late.



Drop them off by 7:45 and give them plenty of time to eat at school—get to work on time!



Take comfort knowing your child started the day fueled to learn!

Consuming healthy school meals with friends: Priceless!

SCHOOL MEALS—A Sound Investment!

