

Why should my child eat school meals vs. other meals?



**Which school lunch meets
State and Federal
Guidelines?**

30% of Calories from Fat or less
 10% of calories from Sat Fat or less
 Fiber (at least 4.5 grams)
 Iron (Should equal 1/3 of RDA)
 Calcium (Should equal 1/3 of RDA)
 Vit A (Should equal 1/3 of RDA)
 Vit C (Should equal 1/3 of RDA)
 Sodium (Should equal 1/3 of RDA)
 Cholesterol (Should be 100 mg or less)

X Meets Guidelines ~ Does not Meet Guidelines

| Meal From | Menu | Cost | 30% of Calories from Fat or less | 10% of calories from Sat Fat or less | Fiber (at least 4.5 grams) | Iron (Should equal 1/3 of RDA) | Calcium (Should equal 1/3 of RDA) | Vit A (Should equal 1/3 of RDA) | Vit C (Should equal 1/3 of RDA) | Sodium (Should equal 1/3 of RDA) | Cholesterol (Should be 100 mg or less) |
|--|--|--------------------------------|----------------------------------|--------------------------------------|----------------------------|--------------------------------|-----------------------------------|---------------------------------|---------------------------------|----------------------------------|--|
| Home | Turkey on whole wheat w/ lettuce & mayo, 1.5 oz. Potato chips, plain baby carrots, fresh grapes, 2% low fat milk (in a thermos that must be carried and cleaned daily) | \$3.24 | ~ | ~ | X | ~ | X | X | X | ~ | X |
| Lunchable from store | Oscar Mayer Lunchable Mega Pack Cracker Combo Turkey & Cheddar, Capri Sun Drink, Butter Crisp Crackers, pringles & Chocolate Sandwich Cookie | \$3.24 | ~ | ~ | ~ | ~ | ~ | ~ | ~ | ~ | X |
| Last Minute Lunch from Convenient Store | Turkey on Whole wheat w/ lettuce & mayo, 2.5 oz. Potato chips, fresh grapes 1 cup, Softdrink 20 oz. | \$8.14 | ~ | ~ | X | X | ~ | ~ | X | ~ | X |
| Lunch from Thompson School District Nutrition Services | Spaghetti w/Meat Sauce, Tossed Salad w/Low Fat Dressing, Garlic Bread, Peach Slices, 1% milk - variety of flavors | KG-5th \$2.05, 6th-12th \$2.30 | X | X | X | X | X | X | X | X | X |

Menu nutrients are posted daily on Nutrition Services website