

SCHOOL LUNCH... THAT'S WHAT WE DO BEST!



As the cost of everything increases- there is one meal that is still a great value: both economically and nutritionally!

Average Retail Cost of Bag Lunch Ingredients at Local WNY Stores

Bread (Wheat) 2 slices -	.24
Turkey Slices (3 oz.) -	1.40
Potato Chips (sm. Bag)	.30
Carrot Sticks-	.38
Fresh Apple-	.62
Juice Box- 100%	.45

Total **\$3.39**

This cost is just food, the extra expense for reusable or paper lunch bags, thermos and plastic sandwich bags not included.

TIME SPENT PREPARING BAG LUNCH:

10 minutes a day

10 minutes x 180 school days =

30 Hours A Year



School Lunch Price \$2.60

\$3.39 - \$2.60 = **\$.79 savings per day**

180 days x \$.79 = \$142.20 YEARLY

SAVINGS



Every School Lunch Includes Five Healthy Choices

- Meat or Meat Alternative-Chicken, Lean Beef and Beans
- Whole Grain-Rich Foods - Bread, Rolls, Pasta & Rice
- Vegetables- Fresh & Prepared- Carrots, Green Beans & Romaine
- Fruits- Fresh & Prepared- Pears, Peaches and locally grown Apples
- Milk- Fat Free or 1%

HEALTHY MEALS FOR OUR CHILDREN

- School meals must meet strict guidelines based on the Dietary Guidelines for Americans.
- School lunches provide 1/3 of the RDA of Protein, Calcium, Iron, Vitamins A and C over the course of one week.
- No more than 30% calories are from fat.
- Less than 10% of total calories are from saturated fat & 0g trans fat.
- Reduced levels of sodium.
- Students who eat school lunches consume fewer calories from fat than students who bring their lunch from home.
- Compared to lunches from home, school lunches contain 3 times as many dairy products, twice as much fruit and 7 times the vegetables.

"Choosing School Lunch saves you money, allows you to spend extra time with your family and provides your child with a healthy nutritious meal with their friends"-Priceless