Bagged Lunch vs. School Lunch

Parents: A breakdown of what a typical bagged lunch may cost VS. the cost of school lunch at Olmsted Falls Schools!

(Prices are based on average retail costs of lunch ingredients. Some parents may choose to buy more or less expensive items.)

Turkey Sandwich
2 slices of Whole Wheat bread (at $2.89 per loaf) = $0.20
2 oz. Sliced Turkey Breast (at $5.99 per pound) = $1.22
1 oz. American Cheese (at $5.99 per pound) = $0.37

Snack
1 oz. Chex Mix (at $2.49 per 8 oz bag) = $0.33
1 Cheese stick (24 pack) = $0.34

Veggie Pack
¼ cup broccoli florets (at $0.99 per pound) = $0.07
¼ baby carrots (at $2.99 per pound) = $0.19

Fruit
Individual Berry-flavored applesauce cup (at $2.99 per six-pack) = $0.37

Milk
Milk (individual) = $1.09
Juice box = $0.75

Other
1 Brown bag (for lunch) = 0.057
1 Baggies (for vegetables) = 0.035
1 reusable container (for sandwich) = 2.99

GRAND TOTAL (excluding reusable container)

With Milk: $4.27 ($768.6 / year)
With Juice Box: $3.93 ($707.4 / year)
With School Bought Milk ($0.50): $3.68 ($662.4 / year)
No drink: $3.18 ($572.4 / year)

COST OF A SCHOOL LUNCH = $2.10 (and you don’t have to fix it!!) ($378 / year)
COST:

Cost of preparing school lunches at home (with juice box):
$3.93 / day x 5 days / week = $19.65 per week
$19.65 / week x 4 weeks / month = $78.6 per month
$78.6 / month x 9 months = $707.4 per year

Cost of school lunches (with milk):
$2.10 / day x 5 days / week = $10.50 per week
$10.50 / week x 4 weeks / month = $42 per month
$42 / month x 9 months = $378 per year

COST SAVINGS:

That is a savings of $1.83 (with juice box) each day your child buys lunch at school!
Let’s do the math:
$1.83 / day x 5 days / week = $9.15 per week
$9.15 / week x 4 weeks / month = $36.6 per month
$36.6 / month x 9 months / school year = $329.4 per school year

This savings of $329.4 is just the cost of food! Extra will have to be spent for insulated reusable lunch bags, lunch boxes, and maybe even a Thermos. Don’t forget about plastic, sealable sandwich and snack bags.

Even if you save money by buying the school milk at $0.50 / day and bring your lunch from home, your costs are still $284.4 more per year.

We also offer fresh fruits and vegetables daily! Raspberries, blueberries, strawberries, mango, kiwi … broccoli, baby carrots, salad, mixed vegetables … We all know how expensive fresh fruits and vegetables are; these fresh fruits and vegetables are offered as part of “the school lunch” which costs only $2.10.

HOW MUCH TIME DO YOU SPEND PACKING YOUR CHILD’S LUNCH???

You can spend 10 minutes packing a lunch in the morning. Buying school lunch saves you time. Let’s do the math:
10 minutes / day x 5 days / week = 50 minutes per week
50 minutes / week x 4 weeks / month = 200 minutes per month
200 minutes / month x 9 months / school year = 1800 minutes per school year!

1800 minutes equals 30 hours! If your child buys school lunch, you have 30 extra hours each school year to read, talk, or walk with your child in the morning before school, take your time going to work (instead of rushing in traffic), or get an errand out of the way.

Things can be very busy at home getting everyone ready for the day. With school lunch, there are no lunches to prepare, saving you TIME!
EAT SCHOOL LUNCH!!

However if you choose to pack your students lunch, here are some ideas:

1. When planning your child’s lunch, try to include foods from all 5 groups in the Food Pyramid (whole grains, fruits, veggies, dairy, & meat/meat alternative)

2. Ask your child what he/she wants to eat.

3. Plan a weekly menu to avoid last minute, poor choices, and to assure you have the necessary ingredients available.

### HEALTHY LUNCH SUGGESTIONS

Choose from each list

<table>
<thead>
<tr>
<th>Grains</th>
<th>Meat/Meat Alternative</th>
<th>Dairy</th>
<th>Veggies</th>
<th>Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels</td>
<td>Low Fat Hot Dog</td>
<td>Skim or 1% milk</td>
<td>Raw veggies w/dip</td>
<td>Apple</td>
</tr>
<tr>
<td>Rolls</td>
<td>Lean Turkey</td>
<td>String Cheese</td>
<td>Celery</td>
<td>Orange</td>
</tr>
<tr>
<td>Pita Pockets</td>
<td>Chicken</td>
<td>Cheese cubes</td>
<td>Carrots</td>
<td>Grapes</td>
</tr>
<tr>
<td>English Muffin</td>
<td>Ham</td>
<td>Yogurt</td>
<td>Cucumbers</td>
<td>Raisins</td>
</tr>
<tr>
<td>Whole Grain Bread</td>
<td>Roast Beef</td>
<td>Cottage Cheese</td>
<td>Tomatoes</td>
<td>Melon</td>
</tr>
<tr>
<td>Pasta</td>
<td>Tuna</td>
<td></td>
<td>Bell Peppers</td>
<td>Peaches</td>
</tr>
<tr>
<td>Bread Sticks</td>
<td>Hard Boiled Eggs</td>
<td></td>
<td>Cauliflower</td>
<td>Pears</td>
</tr>
<tr>
<td>Soft Pretzels</td>
<td>Peanut Butter</td>
<td></td>
<td>Broccoli</td>
<td>Apricots</td>
</tr>
<tr>
<td>Crackers</td>
<td>Hummus</td>
<td></td>
<td>Zucchini Sticks</td>
<td>Applesauce</td>
</tr>
<tr>
<td>Popcorn</td>
<td></td>
<td></td>
<td>Pickles</td>
<td>Berries</td>
</tr>
<tr>
<td>Choose whole grain options when available</td>
<td></td>
<td></td>
<td>Tossed Salad</td>
<td>Fruit cocktail</td>
</tr>
</tbody>
</table>
“Others” that if included should be used sparingly:  
(When using these items, choose low fat options)

Cookies  
Donuts  
Salad Dressing  
Sour Cream  
Potato Chips  
Mayonnaise  
Butter or Margarine  
Cream Cheese

**Smart Sweets**

You do not have to exclude sweets completely but they should be used sparingly and offered at the end of a meal and not in between meals.

Low Fat Cookies  
Angel Food Cake  
Pudding  

Fruit (apples with peanut butter or caramel dip)  
Yogurt

**Sample Menus**

Turkey Sandwich  
On whole grain bread  
w/lettuce, tomato & mustard  

Peanut Butter & Banana sandwich on whole grain bread

Carrots & Cucumber  
w/low fat ranch dip  

String cheese  

Grapes  
Popcorn  
Milk  

Celery with low fat cream cheese  
Pretzels  
Milk
Snacking

Snacks should be light. If they are too filling you may not eat well at mealtime. Light snacks can be easy and tasty. Here are some quick ideas:

- hard cooked egg
- fresh fruits & fresh vegetables
- popcorn (without butter)
- graham crackers
- glass of lowfat milk
- fig cookies
- nuts & seeds
- trail mix
- baked chips
- string cheese
- cheese cubes
- cereal bar
- bowl of cereal
- animal crackers
- whole grain bagel

Remember to keep the size of the snack small.

Add fresh fruits and vegetables to your shopping list and serve them at snack time.

When eating snacks have your child sit quietly in the same place he/she eats his/her meals. This will help to keep from snacking out of control in front of the TV and other places.

Stay away from snacks with lots of sugar or fat. It will help to keep foods, like candy, soda and regular chips out of your house.

Remember to use the same rules for all of your children. One child should not have special rules.
**USDA Breakfast Nutrient Requirements**

<table>
<thead>
<tr>
<th>Age/Grade:</th>
<th>K-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>554</td>
<td>618</td>
</tr>
<tr>
<td>Protein:</td>
<td>10 g</td>
<td>12 g</td>
</tr>
<tr>
<td>Calcium:</td>
<td>257 mg</td>
<td>300 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>3.0 mg</td>
<td>3.4 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>197 RE</td>
<td>225 RE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
<td>14 mg</td>
</tr>
</tbody>
</table>

**USDA Lunch Nutrient Requirements**

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<tr>
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<th>K-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td>664</td>
<td>825</td>
</tr>
<tr>
<td>Protein:</td>
<td>10 g</td>
<td>16 g</td>
</tr>
<tr>
<td>Calcium:</td>
<td>286 mg</td>
<td>400 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>3.5 mg</td>
<td>4.5 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>224 RE</td>
<td>300 RE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15 mg</td>
<td>18 mg</td>
</tr>
</tbody>
</table>

Total Fat:  No more than 30% of total calories should come from fat.

Saturated Fat: Less than 10% of total calories should come from saturated Fat.

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Grams = g  
Milligrams = mg  
Retinol Equivalents = RE