



Bagged Lunch vs. School Lunch

Parents: A breakdown of what a typical bagged lunch may cost VS. the cost of school lunch at Avon Lake City 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 \$2.50 per loaf)= \$ 0.16

3 oz. Sliced Turkey Breast (at \$5.99 per pound)=\$1.11

1 oz. American Cheese (at \$3.99 per pound)= \$0.25

Crunchy Snack

1 oz. Chex Mix (at \$2.49 per 8 oz bag)=\$0.31

Veggie Pack

¼ cup celery sticks (at \$0.99 per pound)= \$0.06

¼ baby carrots (at \$2.99 per pound)=\$0.19

Fruit

Individual Berry-flavored applesauce cup (at \$2.99 per six-pack)= \$0.50

Milk (at school) = \$0.50

GRAND TOTAL = \$3.18

COST OF A SCHOOL LUNCH = \$2.25/2.50/2.75 (and you don't have to fix it!!)

Using the \$2.50 lunch cost. That is a savings of \$0.68 each day your child buys lunch at school! Let's do the math:

\$0.68 / day x 5 days / week = \$3.40 per week

\$3.40 / week x 4 weeks / month = \$13.60 per month

\$13.60 / month x 9 months / school year = \$122.40 per school

This savings of \$122.40 is just the cost of food! Extra will have to be spent for paper lunch bags, insulated reusable lunch bags, lunch boxes, and maybe even a Thermos. Don't forget about plastic, sealable sandwich and snack bags.

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 have 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 you 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

<u>Grains</u>	<u>Meat/Meat Alternative</u>	<u>Dairy</u>	<u>Veggies</u>	<u>Fruits</u>
Bagels	Low Fat Hot Dog	Skim or 1% milk	Raw veggies w/dip	Apple
Rolls	Lean Turkey	String Cheese	Celery	Orange
Pita Pockets	Chicken	Cheese cubes	Carrots	Grapes
English Muffin	Ham	Yogurt	Cucumbers	Raisins
Whole Grain Bread	Roast Beef	Cottage Cheese	Tomatoes	Melon
Pasta	Tuna		Bell Peppers	Peaches
Bread Sticks	Hard Boiled Eggs		Cauliflower	Pears
Soft Pretzels	Peanut Butter		Broccoli	Apricots
Crackers	Hummus		Zucchini Sticks	Applesauce
Popcorn			Pickles	Berries
Choose whole grain options when available			Tossed Salad	Fruit cocktail

We look forward to serving your children in the Avon Lake City Schools Cafeterias!