



September 2009

Food and Nutrition Services has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below, you will find an article for your September newsletter.

Why Buy a School Lunch?

- Lunches reflect the Dietary Guidelines for Americans which recommend no more than 30 percent calories from fat, 10 percent calories from saturated fats, and limited trans fats, sodium and sugar.
- Lunches provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium, and calories
- Age appropriate portions based on established federal lunch patterns
- Several choices, salad lunches and milk available daily
- Food is prepared and served under safe and sanitary conditions
- Costs less than bringing an equally nutritious lunch from home

Compare the costs of a lunch brought from home with school lunch prices and you will see that the school lunch is a nutritious bargain.

Cost of a Sample Lunch from Home Determined from prices at local grocery stores 8/09

	Elementary	Middle/High
Bread (white), 2 slices	\$.28	\$.28
Turkey slices, 3 oz	\$1.50	\$1.50
Potato Chips, (small bag)	\$.33	\$.33
Baby Carrots (6-8)	\$.30	\$.30
Red Grapes (20)	\$.63	\$.63
Milk, 1/2 pint (at school)	\$.60	\$.60
Bag, napkin, etc	\$.10	\$.10
Labor, 15 minutes	free	free
Total Cost	\$3.74	\$3.74
Lunch purchased at school	\$2.65	\$2.75
Savings	\$1.09	\$.99