

School Lunch: Good for Kids and Good for Your Wallet



As the cost of everything increases, there is one meal that is still a great value -- both nutritionally and economically! School lunch is still an incredible bargain at \$2.10/\$2.35 at Saratoga Springs City School District.

Every School Lunch Includes Five Great Choices:

- Milk – Fat-free or 1% - flavored or regular
- Vegetables – From broccoli to fresh carrots
- Fruit – Everything from pineapple to locally grown apples; and fresh fruit is always available
- Grains – More whole-grain items like rolls or pizza crust including tabouleh and quinoa
- Meat or meat alternate - Chicken, reduced-fat cheese, lean beef, beans

Every School in Saratoga Springs CSD Offers either Four or Five Different Entree Choices:

- Entrée listed on the menu
- Chef salad
- Submarine sandwich
- Peanut butter and jelly sandwich on whole grain bread
- Other (varies by building)

Save Money: Eat School Lunch

- On average it costs less to buy a school lunch than to bring a lunch from home.
- The estimated national average of a school lunch from home was \$3.43 last school year.¹

School Lunch vs. Bagged Lunch

\$2.08 **\$3.43**

(comparison of national averages)

There *is* Such a Thing as a Free Lunch (and a Reduced Price One Too)

- All children may purchase meals through the National School Lunch Program (NSLP).

- Families with incomes at or below 130 percent of the poverty level are eligible for free meals.
- Families with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals; these students can be charged no more than 25 cents.
- Contact your school's office or the student nutrition department at 583- 4704 to obtain a school meal application.



Healthy Meals Feed Eager Minds

- Meals served under the NSLP must meet nutrition guidelines based on the Dietary Guidelines for Americans.
- No more than 30% of calories can come from fat and less than 10% from saturated fat.
- School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.
- Students who eat school lunches consume fewer calories from fat than students who bring lunch from home.
- Compared to lunches from home, school lunches contain:
 - Three times as many dairy products
 - Twice as much fruit
 - Seven time the vegetable amounts
- NSLP participants have substantially lower intakes of added sugars than do non-participants.

For more local information contact your district's student nutrition director, Margaret Lamb, at 583-4707, or for national information, the School Nutrition Association: servicecenter@schoolnutrition.org (703) 739-3900

¹ According to a meal cost analysis by Alice Jo Rainville, PhD, RD, CHE, SNS of Eastern Michigan University, Ypsilanti, MI