

## **School Lunch: Good for Kids and Good for your wallet**



Association

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 \$1.85-\$2.20 at Loyola Catholic School



### **Every School Lunch Includes Five Great choices**

- 1-Milk –Fat Free or 1%-flavored or regular
- 2-Vegetables-from green beans to fresh carrots
- 3-Fruit-Everything from Pineapple to locally grown Apples
- 4-Grains –More whole grain items like bread, pizza crust & Corn dogs
- 5-Meat or meat alternate – Chicken, low fat cheese, lean beef



### **Save Money: Eat School Lunch**

\*On average it cost less to buy a school lunch than bring one from home.

\*The estimated national of a school lunch from home is \$3.43 in 2008

**School Lunch**

**\$2.08**

**vs. Bagged Lunch**

**\$3.43**

[Comparison of national average]