

Bag Lunch vs. School Lunch



We Know good food.

As we stroll through the cafeteria, children are busy eating and chatting with their friends. For their lunch, some bring a bag lunch from home while others eat the lunch provided by the school.

We wanted to share with you a comparison of the nutritional and monetary value of some of typical bag lunches brought from home and the school lunch meal which is available for all students every day.

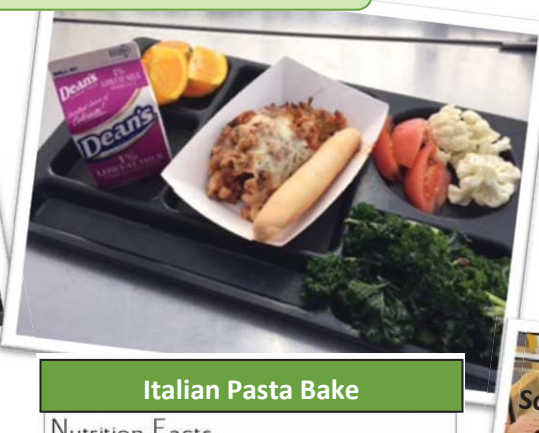
We encourage you to choose a nutritious school lunch for your children daily.

Sample Bag Lunch		\$1.79
Nutrition Facts		
Serving Size: Bag		
Serving per Container: 1		
Amount Per Serving		
Calories: 885	Calories from Fat 153	
		% Daily Value ²
Total Fat 17.0g		26%
Saturated Fat 0.0g		0%
Trans Fat ¹ 0.0g		
Cholesterol 30mg		10%
Sodium 1100mg		46%
Total Carbohydrate 174.0g		58%
Dietary Fiber 0.0g		0%
Protein 17.0g		34%

Lunchables Bag Lunch		\$2.99
Nutrition Facts		
Serving Size: each		
Serving per Container: 1		
Amount Per Serving		
Calories: 410	Calories from Fat 189	
		% Daily Value ²
Total Fat 21.0g		32%
Saturated Fat 9.0g		45%
Trans Fat ¹ 0.0g		
Cholesterol 50mg		17%
Sodium 960mg		40%
Total Carbohydrate 39.0g		13%
Dietary Fiber 1.0g		4%
Protein 16.0g		32%

School Lunch

Includes a protein, a whole grain, milk
AND fruits and vegetables from the Fruit & Vegetable Bar!



Fish Filet Sandwich Lunch		\$2.50
Nutrition Facts		
Serving Size: Tray		
Serving per Container: 1		
Amount Per Serving		
Calories: 541	Calories from Fat 130	
		% Daily Value ²
Total Fat 14.4g		22%
Saturated Fat 0.6g		3%
Trans Fat ¹ 0.0g		
Cholesterol 30mg		10%
Sodium 689mg		29%
Total Carbohydrate 80.3g		27%
Dietary Fiber 7.4g		28%
Protein 25.2g		50%
Vitamin A 69%	Vitamin C 143%	
Calcium 52%	Iron 18%	

Italian Pasta Bake		\$2.50
Nutrition Facts		
Serving Size: tray		
Serving per Container: 1		
Amount Per Serving		
Calories: 541	Calories from Fat 130	
		% Daily Value ²
Total Fat 14.4g		22%
Saturated Fat 0.6g		3%
Trans Fat ¹ 0.0g		
Cholesterol 30mg		10%
Sodium 689mg		29%
Total Carbohydrate 80.3g		27%
Dietary Fiber 7.4g		28%
Protein 25.2g		50%
Vitamin A 69%	Vitamin C 143%	
Calcium 52%	Iron 18%	



Elementary Price



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
² - Percent Daily Values are based on a 2,000 calorie diet.
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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