



Why Buy a Harford County School Lunch?

Through the National School Lunch Program, children consume twice the servings of fruits and vegetables and greater amounts of grains and dairy than children who eat lunch brought from home or who leave school to eat lunch. **Recent research concluded that students who eat school lunches consume 29% less calories from fat and twice as many servings of fruits and vegetables than students who eat a bag lunch.**

Compare the cost of a lunch brought from home with our school lunch prices and you will see that not only is it a healthy choice, it is also a bargain!

Cost of Sample Lunch from Home Determined From Prices at Local Grocery July 2011		
Bread (white), 2 slices	\$.17	\$.17
Fruit Cup, 4 oz	\$.53	\$.53
Turkey slices, 3oz	\$1.12	\$1.12
Baby Carrots (6-8)	\$.30	\$.30
Red Grapes (20)	\$.74	\$.74
Milk, 1/2 pint (at school)	\$.50	\$.50
Bag, napkin, condiments	\$.10	\$.10
Labor, 15 minutes	"FREE"	"FREE"
Total Cost	\$3.46	\$3.46
<i>Hot Lunch Purchased at School ***</i> Entrée, 3 Fruits/Vegetables, Milk	\$ 1.90	\$ 2.00
Savings Per Day (each Student)	\$ 1.56	\$ 1.46
Family Savings Per Month (2 students)	\$62.40	\$58.40

	School Prepared Lunch	Commercially Pre-Packaged Lunchable
Cost	Only \$1.90	Over \$3.25
Nutrient Content	Meets 1/3 RDA for nutrients like Protein, Vitamin A, Vitamin C, Iron, Calcium, B vitamins Adequate fiber Controlled fat and saturated fat Age appropriate calories	Inadequate protein, vitamin and mineral content Low (or no) calcium High fat High saturated fat
Entrée Variety	Numerous Choices (at least 15 different per week)	Limited Choices
Fruits & Vegetables	Fresh AND canned fruit (provides natural sugar, fiber, and vitamins) Numerous choices	Lacks Fresh Fruit
Beverage	Cold Low-Fat Milk Variety	High Sugar Fruit Drinks No Calcium
Food Safety	Prepared Under Strict Local/State Sanitary Conditions	May not be held at safe temperature in classroom or locker