

Why Buy a Harford County School 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.

Through the National School Lunch Program, children consume twice the servings of fruits and vegetables and greater amounts of whole grains and dairy than children who eat lunch brought from home or who leave school to eat 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 2016		
Bread (Whole Grain), 2 slices	\$.36	\$.36
Fruit Cup, 4 oz	\$.75	\$.75
Turkey slices, 3oz	\$1.50	\$1.50
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	\$4.25	\$4.25
<i>Hot Lunch Purchased at School ***</i>	Elementary	Middle/High
Entrée, 3 Fruits/Vegetables, Milk	\$ 2.10	\$ 2.20
Savings Per Day (each Student)	\$ 2.15	\$ 2.05
Family Savings Per Month (2 students)	\$86.00	\$82.00

	School Prepared Lunch	Commercially Pre-Packaged Lunchable
Cost	Only \$2.10 or \$2.20	\$3.29
Nutrient Content	Essential nutrients planned into the meal – NO low nutrient dense items. Great sources of vitamin A, potassium, calcium and fiber.	Usually inadequate protein, vitamin and mineral content. Low in calcium, high in fat, high in saturated fat and sodium, low in fiber
Main Course	Variety- At least 15 choices	Limited Choices
Vegetables	Variety- includes dark green, bright orange, legumes, starchy and more each week. Garden salad available daily	Often lacks vegetables
Fruits	Variety- includes several fresh choices and canned or frozen options.	Lacks whole fresh fruit
Beverage	Variety- Cold Low-Fat Milk	High Sugar Fruit / Sports Drinks (no calcium)
Food Safety	Prepared Under Strict Local/State Sanitary Conditions	May not be held at safe temperature in classroom or locker