



# Cape Henlopen School District Child Nutrition Services

## COST COMPARISON: PACKED LUNCH VS. SCHOOL LUNCH



### Turkey Sandwich

2 slices of Whole Wheat Bread (@ \$3.99 loaf) = \$0.36

2 oz. sliced Turkey Breast (@8.99/lb) = \$1.12

1 oz. American Cheese (@6.49/lb) = \$0.40

### Snack

1 oz. Chex Mix (@2.99/8oz) = \$0.37

1 Cheese Stick (@5.49/12) = \$0.45



### Veggie Pack

2/3 cup carrots (@2.96/2lb) = \$0.29

### Fruit

1 Apple = \$0.88 each

### Beverage

Individual Milk (8 oz) = \$1.16

Juice Box = \$0.37

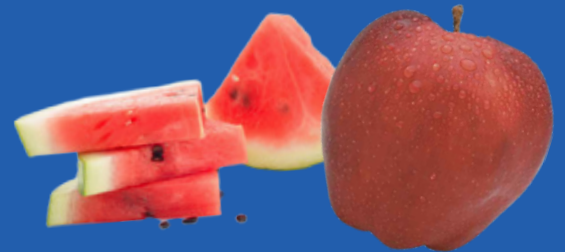


### Other

Baggies = \$0.28

Reusable Container = \$2.47

Bag = \$0.20



Total (without reusable container) = \$5.88 (~\$1011/year)

- with school bought milk (\$0.50) = \$5.22
- with juice only = \$4.72
- with no drink = \$4.35 (\$748/year)

Cost of School Lunch = \$1.25 or \$1.50 (~\$215 or \$258/ year)

Minimum Savings of \$490/year!!!

Savings at full meal value = \$753 / year!!!





# Math Behind the Savings

There are 172 school days.

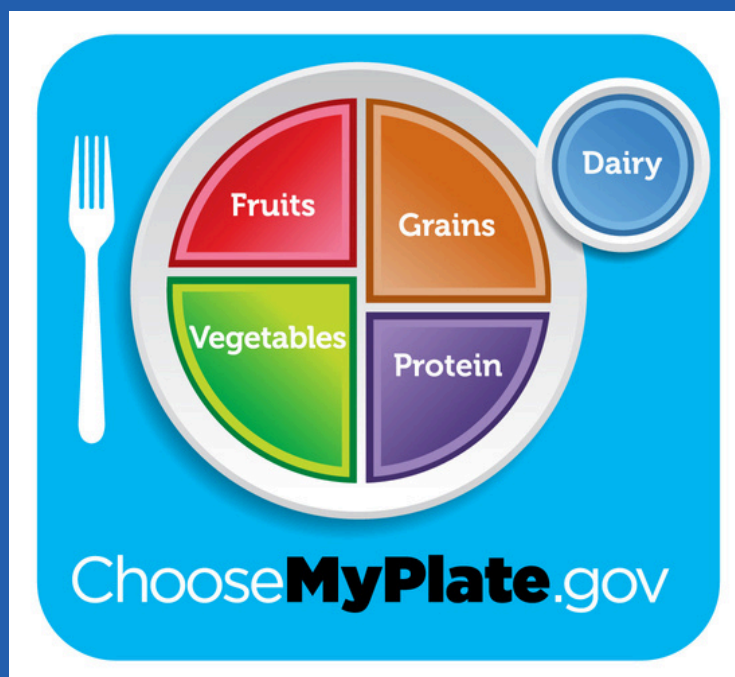
A full lunch at school offers a hot or cold entree (usually with a protein and grain), vegetable, fruit, and milk.

Packing each of those at home = \$588 per day or  $(\times 172) = \$1011$  per year

Buying lunch is \$1.25 or \$1.50 per day  $(\times 172) = \$215-258$  /year

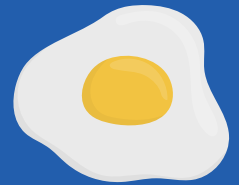
If you do choose to pack, here are some ideas:

1. Think about MyPlate
2. Consider what your child likes/dislikes
3. Plan ahead to ensure you have ingredients ready, and to save money





# USDA Breakfast Nutrition Requirements



United States Department of Agriculture

## School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Components</b>	<b>Amount of Food<sup>1</sup> per Week</b>		
	<b>(minimum per day)</b>		
Fruits (cups) <sup>2</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2</sup>	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) <sup>3</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) <sup>4</sup>	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week<sup>5</sup></b>			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg





# USDA Lunch Nutrition Requirements



United States Department of Agriculture

## National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Components</b>	<b>Amount of Food<sup>1</sup> per Week</b>		
	<b>(minimum per day)</b>		
Fruits (cups) <sup>2</sup>	2 ½ ( ½ )	2 ½ ( ½ )	5 (1)
Vegetables (cups) <sup>2</sup>	3 ¾ ( ¾ )	3 ¾ ( ¾ )	5 (1)
Dark Green Subgroup <sup>3</sup>	½	½	½
Red/Orange Subgroup <sup>3</sup>	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup <sup>3</sup>	½	½	½
Starchy Subgroup <sup>3</sup>	½	½	½
Other Vegetables Subgroup <sup>3,4</sup>	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) <sup>5</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) <sup>6</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) <sup>7</sup>	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week<sup>8</sup></b>			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg