

SCHOOL MEALS

VS

HOME MEALS

Your child's participation in school meals helps support the school nutrition program for everyone.

School meals are a great value and may be FREE or reduced priced!
(When eligible)

Average school breakfast \$1.51
Average school lunch \$2.63



PRICE VALUE

Average home breakfast \$2.72
Average home lunch \$3.81
Average yearly savings potential of over \$200.00 for paid students And \$1000.00 when qualified for free meals!

School meals are nutritionally balanced and follow USDA meal pattern requirements for good nutrition.



NUTRITION

Meals from home are typically less nutritionally balanced and 15% higher in calories than meals at school.

School meals are kept within food safety temperatures which are less than 41°F for cold foods or more than 135°F for hot foods.



FOOD SAFETY

Meals from home are kept outside of refrigeration and may not have access to a microwave for heating, therefore sitting in the food "danger zone" (40°F-140°F).

We do all the work!



CONVENIENCE

Meals from home take on average 10 minutes per meal per day. This could add up to almost an hour a week!

