

THE FINAL SHOWDOWN – PACKED LUNCH VS. SCHOOL LUNCH

Under the National School Lunch and Breakfast program, we must comply with Federal and State guidelines. Failure to comply with these regulations results in a loss of Federal and State funding. Without this funding source, the Food Service department could not operate, since we are required to self-fund all aspects of the service we provide.

Federal and State guidelines govern the meal components and portion sizes we offer our students. Some students have voiced concerns over portion sizes being too small and prices being too high. Food Service provides portion sizes dictated by regulations, at the lowest possible cost. We believe strongly that our prices are very fair for the portions and selections offered, provided each student takes the entire lunch offering. Too often, students decline one to two items, leaving their tray with empty space. Students are encouraged to take all components not only to “get their money’s worth”, but more importantly, to receive a well balanced, nutritionally sound meal. Please see the comparison below, outlining a lunch packed with items available from any department/grocery store vs. a Wadsworth City Schools lunch:

	Department/Grocery	Wadsworth Schools
	Uploaded Deep Dish Pizza Lunchable	Basic Pizza Lunch
Contents		1 slice pizza, tossed salad, fruit, milk, WG cookie
Calories	700	600
Fat	25 grams	16.5 grams
Sodium	1,240 mg	978 mg
Carbohydrates	104 grams	88 grams
Protein	21 grams	23.5 grams
PRICE	\$3.81	\$2.75 (grades 9-12)
	Typical packed lunch	Turkey Wrap Lunch
Contents	Turkey sandwich w/cheese, chips, fruit cup, cookies, juice box	Turkey Wrap w/Cheese, seasoned waffle fries, fruit, milk, WG cookie
Calories	771	729
Fat	30 grams	15 grams
Sodium	1,632 grams	2,014 grams
Carbohydrates	101 grams	172 grams
Protein	25 grams	39 grams
PRICE	\$3.87	\$2.80 (grades 9-12)
	Average of a packed lunch	Average of a school lunch
Calories	736	665
Fat	28 grams	16 grams
Sodium	1,436 mg	1,496 mg
Carbohydrates	103 grams	108 grams
Protein	23 grams	31 grams
PRICE	\$3.87	\$2.80 (grades 9-12)

As you can see, the lunches offered at Wadsworth City Schools are nutritionally and financially sound. Wadsworth City Schools can save the average parent \$1.08 per day if they utilize the National School Lunch/Breakfast program. This savings would equate to over \$378.00 per school year for two children purchasing their lunches from Wadsworth City Schools. Not only will you save money, but the WCS lunches provide less calories and fat on average. Additionally, our meals provide more protein to assist in the growth and development of our students. Please be sure to encourage your children to take advantage of the great meals and health benefits the school lunch program can offer!