

School Lunch: Good for Kids and Good for Your Wallet

*As the cost of everything increases – there is one meal that is still a great value: both nutritionally and economically! School lunch is still an incredible bargain at **\$2.50 at all Melrose Elementary Schools***

Four Meal Choices Offered Daily

Every School Lunch Includes Five Great Food Groups:

- Milk – Fat free or 1% - flavored or regular
- FRESH Vegetables – From fresh baby carrots to fresh broccoli
- Fruit – From locally grown apples and pears to orange smiles, strawberries and a daily variety of chilled fruits
- Grains – More whole grain items like rolls or sandwich bread
- Meat or meat alternate –White meat whole grain breaded chicken and lean beef

Save Money: Eat School Lunch

- On average it costs less to buy a school lunch than to bring a lunch from home.
- **The estimated national average of a school lunch from home was \$3.43 last school year.**¹

Melrose School Lunch vs Bagged Lunch

\$2.50

\$3.43

(comparison of national averages)

There *is* Such a Thing as a Free Lunch (and a Reduced Price One Too)

- All children at Melrose Public Schools may purchase meals through the National School Lunch Program (NSLP).
- Families with income that may have recently changed or whose family size has increased may be eligible for free or reduced price meals.
- Applications can be submitted ANYTIME and if approved, the status will continue thru October 15, 09 or until a new application is submitted next school year.



- **Contact your school nutrition department at 781.462.3219 to fill out a *confidential* school meal application.**

Healthy Meals Feed Eager Minds

- Meals served under the NSLP must meet nutrition guidelines based on the Dietary Guidelines for Americans.
- No more than 30% of calories can come from fat and less than 10% from saturated fat.
- School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.
- Students who eat school lunches consume less calories from fat than students who bring lunch from home.
- Compared to lunches from home, school lunches contain:
 - Three times as many dairy products
 - Twice as much fruit
 - Seven time the vegetable amounts
- NSLP participants have substantially lower intakes of added sugars than do non-participants.

For more information contact your district's school nutrition director **Ken Dolce** at **781.462.3219** or the School Nutrition Association: servicecenter@schoolnutrition.org (703) 739-3900

¹ According to a meal cost analysis by Alice Jo Rainville, PhD, RD, CHE, SNS of Eastern Michigan University, Ypsilanti, MI