

## Bagged Lunch Vs. School Lunch

Ever wonder the value of the school lunch? Are you tired of packing your child's lunch? Convinced you can do it for less? Check out the cost comparison's below to answer these questions and ease your mind when trying to think of healthy lunch ideas to pack!

(prices used in the examples are based on the average retail cost of lunch ingredients at local Portage stores. You may be purchasing higher or lower priced items.)

### **Sandwich choices:**

Smucker's Uncrustable PB&J  
(4 pack for \$3.00) = \$.75 each

OR

Ham or Turkey & Cheese  
2 slices Home Pride wheat bread  
(20 slices for \$2.79) = .14 per slice - \$.28 for 2 slices  
2 oz. Deli Ham or Turkey  
(at \$3.99/lb.) = \$.50  
½ oz. American cheese  
(72 ct. for \$6.48) = \$.09 per slice

### **Vegetable:**

Baby carrot bites with Ranch Dip  
(4 pack for \$3.99) = \$.99 per pack

### **Fruit:**

Musselman's Applesauce Cups  
(6 for \$2.59) = \$.43

OR

1 Banana  
(at \$.49 / lb.) = \$.19

### **Dessert / Snack:**

Rold Gold Pretzel Sticks  
(1 oz. svg. from \$2.89 bag) = \$.18

OR

Hunts Chocolate Pudding Cup  
(4 pack for \$1.29) = \$.32

### **Drink:**

Minute Maid 100% Juice Box  
(10 / 6.75 oz. boxes for \$2.99) = \$.30

School Milk or 100% Fruit Juice = \$.45

## Sample Bagged Lunch Combo's

Uncrustable PBJ + baby  
carrots w/ dip + banana +  
pretzels + milk  
= \$2.56

Ham or Turkey/cheese sandwich +  
baby carrots w/dip + applesauce cup +  
pudding + milk  
= \$3.06

Ham or Turkey/cheese  
sandwich + baby carrots w/dip  
+ applesauce cup + pudding +  
juice box  
= \$2.91

Average bagged lunch cost:  
\$ 2.68

Uncrustable PBJ + baby carrots w/ dip  
+ banana + pudding + milk  
= \$2.70

Ham or Turkey/cheese  
sandwich + baby carrots w/ dip  
+ banana + pretzels + milk  
= \$2.68

Cost of School Lunch  
\$ 1.80

Ham or Turkey/cheese sandwich +  
baby carrots w/ dip + banana + pretzels  
+ juice box  
= \$2.53

Uncrustable PBJ + baby  
carrots w/ dip + banana +  
pudding + juice box  
= \$2.55

Uncrustable PBJ + baby carrots w/ dip  
+ banana + pretzels + juice box  
= \$2.41

### The Savings of Buying School Lunch

Average cost of bagged lunch: \$2.68 compared to \$1.80 school lunch price

Savings: \$.88 a day

\$.88 a day x 171 days in a school year = \$150.48

Total Savings in a School Year: \$150.48

Time saved not preparing a bagged lunch: 15 minutes a day

Money saved when buying school lunch: \$150.48 a year

Knowing your child is getting a healthy lunch with friends at school: **Priceless!**

In our café's you will find whole grain food items, as well as fresh fruits  
and vegetables available every day.

We invite you to come and check out the new look of school lunch with your child!