



# Why should my child eat the school meals vs. other meals?

## Does the meal meet State and Federal Guidelines?

✓ Meets Guidelines

✗ Does not Meet Guidelines

Meal From	Menu	Cost	30% of Calories from Fat or less	10% of calories from Sat Fat or less	Fiber (at least 4.5 gms)	Iron (Should equal 1/3 of RDA)	Calcium(Should equal 1/3 of RDA)	Vit A (Should equal 1/3 of RDA)	Vit C (Should equal 1/3 of RDA)	Sodium (should be 1200 mg or less)	Cholesterol (should be 100 mg or less)
<b>Home Version (1)</b>	Turkey on Whole Wheat w/ lettuce & Mayo 1 ½ oz. Potato Chips, plain Baby Carrots; Fresh Grapes 2% Low fat Milk (In a thermos that must be carried and cleaned daily!)	\$3.24	✗	✗	✓	✗	✓	✓	✓	✗	✓
<b>Lunchable from Store</b>	Oscar Mayer Lunchable Mega Pack Cracker Combo Turkey and Cheddar: Capri Sun Drink Butter Crisp Crackers: Turkey & Cheese food Pringles & Chocolate Sandwich Cookie	\$3.24	✗	✗	✗	✗	✗	✗	✗	✗	✓
<b>Last Minute Lunch from Convenience Store</b>	Turkey on Whole Wheat w/ lettuce & Mayo Potato Chips, plain, 2 ½ oz. Grapes, fresh, 1 c. Soft Drink, 20 oz.	\$8.14	✗	✗	✓	✓	✗	✗	✓	✗	✓
<b>Lunch from DPS Food &amp; Nutrition Services</b>	Spaghetti w/ Meat Sauce Tossed Salad w/ Low Fat Ranch Dressing Garlic Bread Peach Slices 1 % Milk – variety of flavors	Grades KG–5: \$1.40 6-8: \$1.65	✓	✓	✓	✓	✓	✓	✓	✓	✓

