

# School Lunch VS Packed Lunch

## SCHOOL LUNCH

- Pepperoni Pizza
- Green Beans
- Fruit Juice Bar
- Choice of Milk



**You Save .94**

## SCHOOL LUNCH

- Peanut Butter & Jelly Sandwich
- Peas & Carrots
- Fruit Juice
- Choice of Milk



**You Save .35**

## SCHOOL LUNCH

- Chicken Nuggets & Sauce
- Tater Tots & Ketchup
- Biscuit & Jelly
- Rosy Applesauce
- Choice of Milk



**You Save \$1.13**

Compare	School Lunch	Packed Lunch
Calories	493	550
Total Fat (g)	12	21
Calcium %DV	63	25
Sugar (g)	36	34
<b>Cost</b>	<b>\$2</b>	<b>\$2.94</b>

Compare	School Lunch	Packed Lunch
Calories	812	1205
Total Fat (g)	34	52
Calcium %DV	35	7
Sugar (g)	40	83
<b>Cost</b>	<b>\$2</b>	<b>\$2.35</b>

Compare	School Lunch	Packed Lunch
Calories	732	410
Total Fat (g)	29	16
Calcium %DV	34	2
Sugar (g)	22	36
<b>Cost</b>	<b>\$2</b>	<b>\$3.13</b>

## OSCAR MAYER LUNCHABLE

- Pepperoni Pizza
- CAPRISUN
- Starburst Candies
- Bag of Lays Potato Chips



**\$2.94**

## PACKED LUNCH

- Peanut Butter & Jelly Sandwich
- Minute Maid OJ
- Cheetos Asteroids
- Unsweetened Applesauce (Publix)
- Fun Size Candy (3 pieces)



**\$2.35**

## OSCAR MAYER LUNCHABLE

- Chicken Dunks
- CAPRISUN
- Starburst Candies
- Cheetos Asteroids



**\$3.13**

**\*\*AVERAGE TOTAL SAVINGS FOR 180 DAY SCHOOL YEAR \$160**

Alachua County Food & Nutrition Department  
For more information please contact your School Café Manager