



To Pack or Not To Pack... That is the Question?



One goal of the Brevard County Food and Nutrition Services program is to provide high quality nutritious lunches to all students at competitive prices. Recent studies have shown that lunches purchased at school cost the same, or in some cases, less than lunches prepared at home.

The quality factor is often overlooked when considering whether to pack or not to pack. When bag lunches sit in unrefrigerated lockers or classrooms for hours at a time, the health of students becomes a major concern. For safety, nutrition and cost reasons, lunch purchased at school is the best buy.

The question parents should ask is not whether to pack or not to pack; the question should be "What is the best bargain for the money spent?" **Did you know that students attending school all year (180 days) can receive two nutritious meals per day for the low cost of \$306.00?** Compare the following home prepared meals with meals served in the district's elementary schools.

Breakfast at Home

Fruity Cheerios (1 oz) @ \$2.98 for 12 oz = \$0.25

Milk (4 oz) @ \$2.65/ ½ gal = \$0.17

Apple Juice (8 oz) @ \$2.68/ ½ gal = \$0.34

Bagged Lunch

Deli Turkey (2 oz) @ \$7.99/lb = \$1.00

American Cheese (1 slice) @ \$3.99 for 16 slices = \$0.25

Loaf Bread (2 slices) @ \$2.75/loaf = \$0.28

Fruit Cup (4 oz) @ \$2.59 for 4-4 ounce cups = \$0.65

Baby Carrots (4 oz) @ \$2.99 for 16 oz = \$0.75

Milk (8 oz) @ \$2.65/ ½ gal = \$0.33

Cookies (2 each) @ \$2.98 for 24 ct = \$0.25

Napkin (1 each) @ \$2.19 for 250 ct = \$0.01

Straw (1 each) @\$0.75 for 50 = \$0.02

Plastic Zip Bags (3 each) @ \$2.29 for 50 = \$0.14

Brown Paper Bag (1 each) @ \$0.99 for 50 = \$0.02

Grand Total = \$4.46 per day



COST OF SCHOOL BREAKFAST & LUNCH COMBINED = \$1.70 per day



Breakfast Includes:

Choice of Entrée, Fruit & Low-Fat
or Fat-Free Milk

Lunch Includes:

Choice of Entrée, Fruit and/or Vegetable,
Low-Fat or Fat-Free Milk & Dessert

