

RESEARCH SHOWS THAT SCHOOL MEALS ARE HEALTHY MEALS:

Compared to lunches brought from home, school lunches provide more vitamins, calcium, iron, zinc, protein and fiber. School lunches also have twice as much fruit and seven times the amount of vegetables as lunches brought from home.²

²Eastern Michigan University Study



The National School Lunch Program provides nutritionally balanced, low-cost or free lunches to children each school day. School lunches must meet Federal and State nutrition requirements.

OTHER USDA PROGRAMS UNDER IDAHO CHILD NUTRITION:

- School Breakfast Program
- After-School Snack Program
- Special Milk Program
- Fresh Fruit and Vegetable Program
- Child and Adult Care Food Program
- Summer Food Service Program



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Why Should Students in Idaho Eat School Lunch?



STUDIES HAVE SHOWN THAT SCHOOL MEAL PROGRAMS ARE ESSENTIAL TO ACADEMIC ACHIEVEMENT.

Child Nutrition Programs
Idaho State Department of Education
Tom Luna
Superintendent of Public Instruction

IDAHO SCHOOLS OFFER SEVERAL HEALTHY OPTIONS

Idaho students have many options when it comes to choosing what to have for lunch. The school lunch program offers balanced, low cost meals that appeal to students' tastes.

Many Idaho schools offer fresh salad bars, fresh fruit and vegetable bars, whole grains, and low-fat dairy products, along with other healthy options. Have you eaten at a school recently? If not, you should try it. Adults are welcome to eat at most schools. School meal programs have made numerous improvements over the last few years offering a variety of healthy, great tasting foods.

NUTRITIONAL COMPARISON OF LUNCHES

In three lunch examples only school lunch provided adequate nutrients. Studies show that under nourished children score lower on achievement tests and fall behind in class¹.

¹ American Journal of Clinical Nutrition

Percent of nutrient recommendation comprised in each Elementary Lunch represented below:

Sample Meals

School Lunch:

- Spaghetti w/Meat Sauce
- Salad w/dressing
- Oatmeal Cookie
- Garlic Bread
- Orange Slices
- 1% Milk













Pre-Packaged Ham/Cheese/Cracker Boxed Lunch:

- Ham
- Cheese
- JuicePouch
- Crackers
- Mini-Candy

Sack Lunch*:

- Peanut Butter/Jelly Sandwich
- Apple
- Pop
- Chips
- Cookie

* Items that were chosen represent foods commonly seen in sack lunches. ¹

	CALCIUM	FIBER	VITAMIN C	VITAMIN A
	100% +			
	70%			
	36%			

FOOD GROUPS INCLUDED IN MEALS

School meals provide a well rounded meal including foods from all food groups.



WHY BUY A SCHOOL LUNCH?

Compare a lunch brought from home with a school lunch and you will see that school lunches are a wholesome meal at a reasonable price.

	School Lunch	Pre-Packaged Ham/Cheese/Cracker Boxed Lunch	Sack Lunch*	SUMMARY
Approximate Cost	\$1.58	\$2.50	\$1.70	School lunch is a great deal.
Nutrient Content	<ul style="list-style-type: none"> • Low fat • Low sat. fat • Low in sodium • High in calcium • High in fiber • High in Vitamin A & C 	<ul style="list-style-type: none"> • Higher fat • Higher sat. fat • Higher sodium content • Low in fiber • Low in Vitamin A & C 	<ul style="list-style-type: none"> • Higher in calories • Higher in fat • Low in calcium • Low in Vitamin A & C 	School lunches must meet federal and state nutrient standards and are usually more nutrient dense than meals from home.
Variety of Entrée	Numerous choices	Limited choices	Limited choices	Schools offer several entrée choices including home cooked items, sandwiches and wraps, and salad bars.
Fruit / Vegetable	Variety of choices	Lacks fresh fruit and vegetable	May contain fruit but usually lacks a vegetable	Most Idaho schools have fruit and vegetable bars that offer a variety of fresh, frozen, and canned fruits and vegetables daily
Beverage	Variety of low fat milk	Fruit drink	Often contains high sugar juice or can of pop	All school meals offer milk which is high in calcium, a nutrient needed by children
Food Safety	Prepared under strict sanitary conditions	May not be held at correct temperature (in classroom)	May not be held at correct temperature (in classroom)	Food service personnel are required to be trained in Food Safety and cafeterias are regularly inspected by the health department.
Service	Fast and easy	Quick and easy	Requires preparation at home	School lunch is accessible to all students throughout the school year.