

# Cafeteria Connection

Connecting you to your child's school lunchroom



## SCHOOL LUNCH VS. BAG LUNCH WHICH IS BEST?



Many students who bring a lunch from home may do so because of their parents' perceptions of school lunch. You may have memories of the meals you ate when you were in school, or you may worry that school lunch isn't healthy enough. If these perceptions have you packing a lunch for your child every day, we invite you to reconsider! ***Our school meals are convenient and offer your child a wide variety of delicious and nutritious choices they will love.***



**AFFORDABLE** | School meals are less expensive than lunch packed from home, saving your family on grocery costs. Because the government subsidizes a portion of school meals and we are able to purchase bulk quantities of foods, we can serve meals at a low cost or no cost to your family.



**NUTRITIOUS** | On average, school meals are a healthier option than meals packed from home. School meals are required to meet high nutrition standards that include whole grains, fruits, vegetables, and milk. Studies show lunches from home contain more sweetened beverages, salty snacks, desserts, and refined grains.



**TIME SAVING** | Choosing school lunch means no time shopping and prepping at home. This can help reduce the stress to get you and your children out the door each morning.



**DELICIOUS** | If all this talk of nutrition makes you think our meals taste like cardboard, think again! Our meals are restaurant-quality meals, with recipes developed by culinary experts. We creatively incorporate herbs and spices, vegetables, and grains into entrees kids love.

IF YOU ARE PACKING A LUNCH EVERY DAY,  
**GIVE YOURSELF A BREAK FOR ONE WEEK**  
AND GIVE SCHOOL LUNCH A TRY!