



SCHOOL LUNCHES AND BREAKFAST TOO: GOOD FOR KIDS AND GOOD FOR YOUR WALLET



As the cost of everything increases, there are two meals that are still a great value both nutritionally and economically. At Royal Oak Schools, school lunch is still an incredible bargain at **\$2.25** (elementary), **\$2.50** (secondary) and only \$.40 for reduced eligible students. Lunch prices have not increased in nine years. Hot and cold breakfast is now served daily before school at all buildings. Consult your school for specific start times for breakfast. School breakfast is a bargain at \$1.25 and only \$.30 for reduced eligible students. Students eligible for Free lunch are also eligible for Free breakfast.

THERE IS SUCH A THING AS A FREE LUNCH (AND A REDUCED PRICE ONE TOO)

- We have included a Free and Reduced Price School Meal Family Application. Applications may also be found on the District web site www.royalockschools.com, click on Food Service. The program is entirely confidential so everyone may feel comfortable using the service.
- **Applications can be filed at any time** during the year or as family circumstances change. If you sent or turned in a Free and Reduced Meal Application between July 1, 2011, and today, you do not have to submit another application. Send to: Food Service Dept., 1500 Lexington Blvd., Royal Oak MI. 48073

EVERY SCHOOL LUNCH INCLUDES NUTRITIOUS FOOD CHOICES:

- **Fruits & Vegetables** – Featuring locally grown fresh produce when available. Dark green or orange vegetables available at least three days a week. A different vegetable and fruit offered every day.
- **Grains** – Assorted whole grain or whole wheat foods offered at least three days a week. All sandwich buns and dinner rolls are now whole wheat.
- **Meat and meat substitutes** – Sources of high quality protein include chicken, turkey, lean beef, beans, eggs, reduced fat cheeses and low fat yogurt. Legumes (cooked dry beans or peas) are now available weekly.
- **Milk** – Skim, white, skim chocolate, skim strawberry and 1% white available at all schools.



SAVE MONEY: EAT SCHOOL LUNCH

- No increase in school lunch prices again for 2011-2012.
- On average it costs less to buy a school lunch than to bring lunch from home.
- The estimated national average of a bagged lunch from home was \$3.43 last school year.*

HOT BREAKFAST AVAILABLE AT ALL ROYAL OAK SCHOOLS:

- Assorted Hot Breakfast Entrees
- Assorted Low Sugar Cereals
- 8 oz. Milk (Skim or 1%)
- Bagel with Cream Cheese
- 100% Fruit Juice or Fresh Fruit
- Assorted Yogurt

ACADEMIC ACHIEVEMENT AND BEHAVIOR

National studies confirm that breakfast helps kids concentrate, think, behave and learn. Eating breakfast:

- Improves children's classroom performance, including better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases behavior problems, including tardiness
- Increases attendance rates



SCHOOL LUNCH **VS.** **BAGGED LUNCH**
\$2.08 (comparison of national averages) **\$3.43**

*According to a meal cost analysis by Alice Jo Rainville, PhD, R.D., CHE, SNS of Eastern Michigan University, Ypsilanti, MI

**Food Service
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Royal Oak High School
Food Service Department
1500 Lexington Blvd.
Royal Oak, MI 48073



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