Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Menu Cost Comparisons

Payless/Kroger

Typical lunch #1:

Bologna sandwich			
Bologna, 1oz	2.99/lb	23.1c/oz	.23
American cheese, ½ oz	2.59/12oz	21.6c/oz	.11
White bread, 1 slice	1.00/loaf	7.45c/oz	.07
Doritos	3.29/bag	28.6c/oz	.29
Green beans, canned, ¼ cup	1.45/28oz	5c/oz	.10
Fruit cocktail, canned lt syrup, ¼ cup	1.58/29oz	5.45c/oz	.14
Milk, 3/4 cup	3.28/gal	62.5c/qt/2c/oz	.11
			$1.05

Typical Breakfast #1:

Poptart, strawberry, 1 ea	2.79/12ct	23c/ea	.23
Milk, ¾ cup			.11
Juice, orange 100%, ½ cup	3.99/gal	3.12c/oz	.12
			$0.46

Healthier Lunch #1:

Turkey sandwich			
Turkey, deli, 1.5 oz	3.29/lb	20.6c/oz	.31
Whole wheat bread, 1 slice	1.29/loaf	8.69c/oz	.09
Fresh Broccoli, ¼ cup	1.79/bunch	29.8c/svg	.30
Fresh apple, ¼ cup	3.99/3 lb	8.31c/1/4 apple	.16
Milk, ¾ cup			.11
			$0.97

Healthier Breakfast #1:

Whole grain English muffin, ½	2.50/6pk	20.8c/1/2	.21
Cream cheese, 1T	1.95/8 oz	8c/1 T	.08
Milk, ¾ cup			.11
Fruit, banana, ½ cup	54c/lb	6.75c/1/2 banana	.07
			$0.48

Typical Lunch #2:

Chicken Nuggets, 3 ea.(3/4 oz ea)	4.21/26.5oz	35.775/2.25oz	.36
Frozen French fries, 1oz	2.17/32oz	6.78c/oz	.07
Corn, canned, ¼ cup	1.35/29oz	5c/oz	.10
Pineapple, canned, ¼ cup	1.08/20oz	12c	.12
Milk, ¾ cup			.11
			$0.76

Typical Breakfast #2:

Sugar Sweetened Cereal			
Kroger Apple Dapples	3.39/32oz	10.6c/oz	.05
Milk, ¾ cup			.11
Juice, orange, ½ cup, frozen	1.15/12oz	2.39c/oz prepared	.09
			$0.25

Healthier Lunch #2:

Homemade chicken nuggets			
Chicken, 2.2oz raw	6.99/3#	14.56c/oz	.32
Bread crumbs, 1.5t	1.49/15oz	9.93c/oz	.07
Yogurt, 1/2t	2.49/32oz	7.78c/oz	.04
Whole grain roll, ½	2.79/12	23.2c/oz	.12
Corn, frozen, ¼ cup	2.48/32oz	7.75c/oz	.16
Fresh orange, ¼ cup	1.98/4#	½ orange	.06
Milk, ¾ cup			.11
			$0.88

Healthier Breakfast #2:

Oatmeal			
Oats, ¼ cup	3.99/42oz.	9.5c/oz	.07
Brown sugar, 1t	2.39/32oz	7.47c/oz	.01
Raisins, 1T	2.39/15oz	15.9c/oz	.05
Milk, ¾ cup			.11
Banana, ½ cup			.07
			$0.31

Walmart

Typical lunch #1:

Bologna sandwich			
Bologna, 1oz	3.98/lb	24.8c/oz	.25
American cheese, ½ oz	2.44/12oz	20.3c/oz	.10
White bread, 1 slice	.88/loaf	4.4c/oz	.04
Doritos	3.48/bag	20.4c/oz	.20
Green beans, canned, ¼ cup	1.18/28oz	4c/oz	.08
Fruit cocktail, canned lt syrup, ¼ cup	1.68/29oz	5.79c/oz	.14
Milk, 3/4 cup	2.88/gal	62.5c/qt/2c/oz	.10
			$0.91

Typical Breakfast #1:

Poptart, strawberry, 1 ea	3.50/16ct	22c/ea	.22
Milk, ¾ cup			.10
Juice, orange 100%, ½ cup	3.99/gal	3.12c/oz	.13
			$0.45

Healthier Lunch #1:

Turkey sandwich			
Turkey, deli, 1.5 oz	4.28/lb	26.7c/oz	.40
Whole wheat bread, 1 slice	1.50/loaf	7.5c/oz	.08
Fresh Broccoli, ¼ cup	1.78/bunch	29.8c/svg	.30
Fresh apple, ¼ cup	3.67/3 lb	8.25c/1/4 apple	.15
Milk, ¾ cup			.10
			$1.03

Healthier Breakfast #1:

Whole grain English muffin, ½	1.88/6pk	15.6c/1/2	.16
Cream cheese, 1T	1.98/8 oz	8c/1 T	.08
Milk, ¾ cup			.10
Fruit, banana, ½ cup	52c/lb	6.75c/1/2 banana	.07
			$0.51

Typical Lunch #2:

Chicken Nuggets, 3 ea.(3/4 oz ea)	4.47/16oz	62.9/2.25oz	.63
Frozen French fries, 1oz	1.97/32oz	6.15c/oz	.06
Corn, canned, ¼ cup	1.18/29oz	4c/oz	.08
Pineapple, canned, ¼ cup	1.00/20oz	5c/oz	.10
Milk, ¾ cup			.10
			$0.97

Typical Breakfast #2:

Sugar Sweetened Cereal			
MaltoMeal Cinnamon Toast Crunch	4.18/25.5oz	16.4c/oz	.08
Milk, ¾ cup			.10
Juice, orange, ½ cup, frozen	1.08/12oz	2.25c/oz prepared	.09
			$0.27

Healthier Lunch #2:

Homemade chicken nuggets			
Chicken, 2.2oz raw	10.98/5#	13.7c/oz	.30
Bread crumbs, 1.5t	1.08/15oz	7.2c/oz	.04
Yogurt, 1/2t	2.18/32oz	6.81c/oz	.03
Whole grain roll, ½	2.68/12	22.3c/oz	.11
Corn, frozen, ¼ cup	.98/16oz	6.12c/oz	.12
Fresh orange, ¼ cup	2.50/4#	½ orange	.08
Milk, ¾ cup			.10
			$0.78

Healthier Breakfast #2:

Oatmeal			
Oats, ¼ cup	2.48/42oz.	5.9c/oz	.04
Brown sugar, 1t	1.48/32oz	4.62c/oz	.01
Raisins, 1T	2.98/15oz	1.98c/oz	.07
Milk, ¾ cup			.10
Banana, ½ cup			.07
			$0.29