

What's for Lunch?

Instructions: Fill out this chart for 1 week, and then take a few minutes to reflect upon your lunch choices. Answer the following questions. What patterns do you see regarding the choices you made? What surprises you about what you ate? Did it make a difference whether you bought or packed your lunch? What made it difficult or easy for you to eat a healthy lunch? How can you make healthier choices to eat a more balanced lunch each day? How can your school help students make healthier

Day of the Week	What I Ate	Packed or Bought?
Monday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Tuesday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Wednesday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Thursday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought
Friday		<input type="checkbox"/> Packed <input type="checkbox"/> Bought

Brown Bag Savings Calculator

This calculator will show you how much you could save if you brought your own lunch to work instead of eating out. Plus, it will also show you how much your brown-bag savings would grow if you invested the difference. And remember, this does not include money that will be saved from not having to throw-away leftovers from meals cooked at home.

Cost per lunch brought from home (\$):	1.50
Average cost of eating lunch out per workday (\$):	5.00
Number of workdays you eat out per week (#):	5
Number of years you would like to calculate the savings for (#):	1
Interest rate you could earn if you invest the savings (%):	1%

Total brown bag savings:	\$910.00
Total Interest earned on savings:	\$4.18
Balance of future brown-bag savings account:	\$914.18

Year	Interest Earned	Lunch Savings	Savings Balance
1	4.18	910.00	914.18
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