

Lunchables shouldn't be on school menus due to lead, sodium, Consumer Reports tells USDA

Turns out, the popular snack beloved by children for decades may not be the healthiest option, Consumer Reports has found.

What kid doesn't love Lunchables?

For decades, the prepackaged assortment of snacks – from deli meats and crackers, to pizza – have become a childhood staple for generation after generation. Lunchables have also in recent years become a menu item at many schools across the United States, thanks to the U.S. Department of Agriculture.

But Consumer Reports is hoping that changes.

Turns out, the popular snack may not be the healthiest option for growing kids. Lunchables contain a troubling high level of lead and sodium, the consumer watchdog group warned Tuesday in a new report.

“We don't think anybody should regularly eat these products, and they definitely shouldn't be considered a healthy school lunch,” Eric Boring, a chemist at Consumer Reports who lead the testing, said in a statement.

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Source:

<https://www.usatoday.com/story/money/food/2024/04/10/lunchables-lead-sodium-consumer-reports-usda/73272198007/>

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