



Nutrition Tidbits



Whole Grains are GREAT!

What does Whole Grain mean?

Grains like bread, pasta, breakfast cereals, and tortillas are divided into 2 groups – Whole Grains and Refined Grains. Whole grain means that the entire grain kernel (the bran, germ, and endosperm) are used to create the grain product. Whole-wheat flour, oatmeal, and brown rice are whole grains. Refined grain means that the grain goes through a process to remove the bran and germ. White flour, white bread, and white rice are refined grain products.

Why are they important?

Whole grains contain many important nutrients, including fiber, some B vitamins, and a few minerals. Refined grains may be enriched after processing, but many of the nutrients are removed during processing. Enrichment is when some B vitamins and iron are added back to the grain product. Fiber and some minerals are not added back.

Fiber is important to help reduce cholesterol levels and lower the risk of heart disease, obesity, and Type 2 Diabetes. It helps kids feel full on fewer calories, keeping them from snacking on less healthy options.

Magnesium and selenium are present in whole grains, but not in refined grains. Magnesium helps build strong bones and helps muscles release energy. Selenium is important for a healthy immune system.

Which whole grain foods are available for my child's breakfast and lunch?

All the grains served in your child's lunch are at least 51% whole grain, making any grain they choose a good whole grain choice.

What's For Lunch??

Did you notice on this month's menu we have our Christmas Lunch? The menu includes:

Glazed Ham w/ Mashed Potatoes & Gravy & Dinner Roll
Green Beans
Romaine/Spring Mix Salad
Fresh Pear
Mixed Fruit
Baked Cinnamon Apple Slices
Sugar Cookie

The glazed ham is a spiral ham that is cut off the bone. The mashed potatoes are Idahoan premium mashed potatoes and the gravy is without MSG. The dinner roll is a whole grain roll that is baked fresh in the cafeteria. The green beans do not have added salt, the pear is a fresh pear, the mixed fruit does not have added sugar. The baked cinnamon apple slices are the same cinnamon apples you will find at a Honey Baked Ham type of store and the sugar cookie is also baked fresh in the cafeteria and is a whole grain cookie. We hope you will join your child for lunch on this day for only \$3.50.

A la carte items sold during lunch within QCUSD must meet the USDA Smart Snacks Standards. Listed below are the guidelines and the nutrition information for all a la carte items.

Does not exceed 200 calories	≤35% total calories from fat (excludes nuts, seeds, reduced fat cheese)
Zero grams trans fat	≤10% calories from saturated fat
No more than 35% total sugar by weight	Maximum 230 mg sodium per item

After meeting ALL of these standards, each item must also meet ONE of the following:

- Whole grain rich (at least 50%)
- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, etc.)
- Be a "combination food" with at least 1/4 cup fruit and/or vegetable
- Contain 10% of the Daily Value of one nutrient of public health concern (through June 30, 2016) such as Calcium, Potassium, Vitamin D, or Dietary Fiber



Baked Cookies—\$.25

Cal: 183, Cal from Fat: 55 (30%), Total Fat: 6g, Sat Fat: 1.65g (8.1%), Sodium: 150mg, Fiber: 2g, Sugar: 12g (28.6%), Protein: 3g

Fudge Brownie (low fat) —\$.75

Cal: 175, Cal from Fat: 23 (13%), Total Fat: 3g, Sat Fat: 1g (5.1%), Sodium: 206mg, Fiber: 1g, Sugar: 18g (31.5%), Protein: 3g

Cereal Bars (Cinnamon)—\$.75

Cal: 140, Cal from Fat: 30 (21%), Total Fat: 3.5g, Sat Fat: .5g (3.2%), Sodium: 125mg, Fiber: 1g, Sugar: 10g (27%), Protein: 2g

Simply Chex (Chocolate)—\$.75

Cal: 150, Cal from Fat: 45 (30%), Total Fat: 5g, Sat Fat: 1.5g (9%), Sodium: 80mg, Fiber: 2g, Sugar: 9g (26%), Protein: 2g

Sunflower Seeds (Salted)*— \$.50

Cal: 170, Cal from Fat: 130 (exempt), Total Fat: 14.5g, Sat Fat: 2g, Sodium: 110mg, Fiber: 3g, Sugar: 1g (3%), Protein: 5g

Fantastix! (Flamin' Hot)—\$.75

Cal: 130, Cal from Fat: 45 (34.6%), Total Fat: 5g, Sat Fat: 1g (6.9%), Sodium: 210mg, Fiber: 1g, Sugar: 0g, Protein: 2g

Blue Bunny Ice Cream Sandwich 3oz— \$0.75

Cal: 130, Cal from Fat: 25, Total Fat: 2.5g (17.3%), Sat Fat: 1g (6.9%), Sodium: 105mg, Fiber: <1g, Sugar: 12g (21.8%), Protein: 3g

Whole Grain Rice Krispies Treat—\$0.75

Cal: 160, Cal from Fat: 35, Total Fat: 4g (22.5%), Sat Fat: 1g (5.6%), Sodium: 150mg, Fiber: <1g, Sugar: 11g (27.5%), Protein: 2g

100% Juice Penguin Ice 7oz (slush)—\$0.75

Cal: 87, Cal from Fat: 0, Total Fat: 0g (0%), Sat Fat: 0g (0%), Sodium: 12.79mg, Fiber: 0g, Carbohydrates: 21g (14.29%), Protein: 0g

100% Fruit Juice 4oz (Grape)— \$.50

Cal: 80, Cal from Fat: .9, Total Fat: .1g, Sat. Fat: 0g, Sodium: Trace, Fiber: 0g, Protein : .5g

Fat Free Milk 8oz (Chocolate)—\$.50

Cal: 140, Cal from Fat: 0, Total Fat: 0g, Sat. Fat: 0g, Sodium: 200mg, Fiber: 0g, Sugar: 24g, Protein: 8g

****Available daily; 100% Orange, Apple, Apple-Cherry, Fruit Punch, Grape, or Orange Juice(4oz), 1% milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)****