



Nutrition Tidbits



The Benefits of Purchasing School Meals

There are many reasons to purchase school meals. Here are some top benefits...

It can save you money.

We've done the math and buying school lunch instead of packing your own could save you \$185 per year or more! School lunch is only \$2.50 (Breakfast is \$1.25) and it includes an entrée, unlimited fruits & vegetables, juice and/or milk! Also, when you purchase a meal from school, your money is helping to support Queen Creek Unified School District.

It can save you time and stress.

Think of all the time you could save if you didn't have to plan for, purchase, and prepare your student's lunches. Let us do the work so you can worry less!

Most importantly, the meals are created by a Registered Dietitian under strict nutrition standards to provide your child with the fuel needed to be a successful student.

Your student's meal will be in the appropriate calorie range for their age group, all grains will be at least 51% whole grain, and there will be limited sodium and saturated fat. It will contain balanced carbs and protein, weekly offerings of legumes (beans), and a rainbow of fruits and vegetables.

The Child Nutrition Department of Queen Creek Unified School District truly cares about providing the best quality meals possible for our students. We are diligent in selecting our menu offerings and want to be a trusted source for your student's meals. You can feel confident that your child is getting a delicious and nutritious meal at school every time.

And don't forget, it's fun!

Your student gets to come through our lunch line just like a quick serve restaurant, picking from many different entrée options what sounds good to them that day, including an assortment of fruits and vegetables and drink options. This experience can also help them grow and learn responsibility and independence.

Help Wanted in the School Cafeteria!!

Attention Parents/Grandparents (or anyone else)!! Are you looking for a part-time job that allows you to make some extra money? If you have children, would you love to be on the same schedule as them? Then come work with us in the cafeteria! With these 4-hour shifts, you would be able to drop your children off at school and be finished in time to pick them up. Starting pay is \$9.87/hour. Please apply online at www.qcUSD.org or call Rose Haskell at (480) 987-7496 if you have any questions.

QCUSD provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics.

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 200 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



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 (Whole grain, low fat)—\$.75

Cal: 150, Cal from Fat: 40 (27%), Total Fat: 4.5g, Sat Fat: 1.5g (9%), Sodium: 160mg, Fiber: 2g, Sugar: 16g (28%), Protein: 2g

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: 200mg, Fiber: 2g, Sugar: 0g, Protein: 2g

Blue Bunny Ice Cream Sandwich 3oz—\$.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—\$.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)—\$.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, or Grape Juice (4oz), 1% or fat-free milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)****