



Queen Creek Unified School District Food and Nutrition Services

What is the National School Lunch Program?

The National School Lunch Act mandates that school meals “safeguard the health and well-being of the Nation’s children”. In accordance with this QCUSD serves lunches that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less calories from fat and less than 10% of calories from saturated fat. In addition, lunches provide, on average over each school week, at least 1/3 of the daily Recommended Dietary Allowance for protein, iron, calcium, and vitamins A and C. There are four menu planning approaches to plan healthful and appealing meals, QCUSD uses The Traditional Food-Based Menu Planning Approach.

Requirements of traditional menu

Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering five food items from four food components. These are: meat/meat alternate, vegetable and/or fruits, grains/bread, and milk. Minimum portion sizes are established by ages and grade groups.

What are the 4 food components for lunch?

1. Meat/Meat Alternate = meat, poultry, fish, cheese, peanut butter or other nut or seed butters, nuts, eggs, dry beans, yogurt, and alternate protein products.
2. Vegetable and/or fruits = raw, cooked, fresh, dried, canned, and frozen; and 100% juice.
3. Grains/Breads = bread, tortillas, bagels, rice, pasta, rolls, and many more products made from enriched or whole-grain meal or flour, bran or germ.
4. Milk = fluid, served as a beverage.

QCUSD HIGHLIGHTS

- ◇ Most grain products served within QCUSD are 51% or higher whole grain and 100% whole wheat.
- ◇ No products are ever fried, only baked!
- ◇ Everyday schools offer a different fresh and canned fruit and vegetable.
- ◇ We love variety! QCUSD has an 8 week cycle menu!
- ◇ Queen Creek schools always offer correct portion sizes for age groups.
- ◇ All snacks and a la carte items meet the Arizona Nutrition Standards.
- ◇ All juices served are 100% fruit juice.
- ◇ Milk is either 1% or fat-free. All flavored milk is fat-free!

A la carte items sold during lunch within QCUSD meet both the Arizona Nutrition Standards (ANS) & the HealthierUS School Challenge (HUSSC). Listed below are the guidelines for both and the nutrition information for all a la carte items.

ANS	HUSSC
≤35% total calories from fat	≤35% total calories from fat (excludes nuts, seeds, reduced fat cheese)
≤10% total calories from saturated and trans fat (combined)	≤10% calories from saturated fat (excludes fruits/vegetables & milk)
No more than 35% total sugar by weight	≤35% sugar by weight (*Exemptions: fruits/vegetables & milk)
At least 1g fiber (*Exemptions: Dairy, jerky, fruits & vegetables)	N/A
Maximum 300cal per item	Does not exceed 200 calories
Maximum 600mg sodium per item	≤480mg per non-entrée; ≤600mg per entree
100% fruit & vegetable juice	100% fruit & vegetable juice

Baked Chips (Doritos)—\$.50
Cal: 90, Cal from Fat: 25 (27.8%), Total Fat: 3g, Sat Fat: .5g (5%), Sodium: 170mg, Fiber: 1g, Sugar: <1g (4.7%), Protein: 2g

Beef Jerky (Original)*—\$1.00
Cal: 70, Cal from Fat: 10 (14.3%), Total Fat: 1g, Sat Fat: 0g, Sodium: 430mg, Fiber: 0g, Sugar: 3g (12%), Protein: 13g

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)—\$.50
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)*— \$.25
Cal: 170, Cal from Fat: 130 (exempt), Total Fat: 14.5g, Sat Fat: 2g, Sodium: 110mg, Fiber: 3g, Sugar: 1g (3%), Protein: 5g

Corn Nuts (Ranch)*—\$.50
Cal: 180, Cal from Fat: 33.3 (exempt), Total Fat: 6g, Sat Fat: 1g, Sodium: 350mg, Fiber: 2g, Sugar: 0g, Protein: 3g

Fantastics (Flamin' Hot)—\$.50
Cal: 130, Cal from Fat: 45 (34.6%), Total Fat: 5g, Sat Fat: 1g (6.9%), Sodium: 210mg, Fiber: 1g, Sugar: 0g, Protein: 2g

Slush Puppy (100% Juice)—\$.50
Cal: 120, Cal from Fat: 0, Total Fat: 0g, Sat Fat: 0g, Sodium: 15mg, Fiber: 0g, Sugar: 28g, Protein: 0g

100% Fruit Juice 4oz (Grape)—\$.25
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 as a la carte items are; 100% Orange, Apple, Grape, Fruit Punch, OJ/Pineapple, or Apple/Cherry Juice(4oz), 1% milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)****

For more information visit:
<http://www.azed.gov/health-nutrition>