



Nutrition Tidbits

Fuel Up with School Breakfast during AZ Merit Testing weeks!

Good nutrition and physical activity are key to helping kids fuel greatness, and the first step is starting the day with a healthy breakfast at school! Whether they're the next teen pop sensation, renowned physician, or star athlete, all kids need the chance to succeed. Learn more about how school breakfast can help students achieve their dreams!

Learn more at <http://www.fueluptoplay60.com/>

Moderation and variety are the KEYS to eating a balanced "diet"

QCUSD Child Nutrition Department offers a wide variety of options each day for both breakfast and lunch! The items are chosen based on their nutritional value plus their student appeal. The elementary menu is an 8 week cycle menu. What does this mean? It means we offer 40 **different** hot entrée choices each cycle; in a 180 day school year the most menued hot entrée will only be on the menu 5 times. We do offer 4 different fresh made sandwiches and salads on the menu, plus a daily offering of a yogurt pack or hummus pack. Each day your child has the option to choose from 5 different menu items. As parents we may look at the menu and see an item such as a corn dog and question if it is a good choice. If your child chooses the corn dog as an entrée at school each time we had it on the menu they would get it 5 times in a year, that is fantastic when we look at moderation. In addition the corn dog we offer is a chicken frank in whole grain breading and is always baked onsite. It is offered with low fat or fat free milk and a wide variety of fruits and vegetables. Each day on the serving line we offer a minimum of a fresh fruit, canned fruit, fresh vegetable, baby carrots, dried fruit (craisins) and a 100% juice box. Most days we have many more fruit and vegetable choices. We invite parents to come enjoy lunch with their child to see first hand what we offer in the cafeteria, there is something for everyone! Adult and non student meals are a great value at 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) |
| 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)*—\$.25

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)—\$.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

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% 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, Cranberry Raspberry, Fruit Punch, White Grape, or Orange Tangerine Juice(4.23oz), 1% milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)****

Corn Dog Comparison; QCUSD vs Sonic

QCUSD

Nutrition Facts

Serving Size 1 Corndog (112g)
Servings Per Container 1

| Amount Per Serving | | | |
|--|-----------|------------------------|------------|
| Calories 240 | | Calories from Fat 70 | |
| | | % Daily Values* | |
| Total Fat 8g | | | 12% |
| Saturated Fat 2.5g | | | 13% |
| Trans Fat 0g | | | |
| Cholesterol 40mg | | | 13% |
| Sodium 390mg | | | 16% |
| Total Carbohydrate 30g | | | 10% |
| Dietary Fiber 5g | | | 20% |
| Sugars 5g | | | |
| Protein 9g | | | 18% |
| Calcium 8% | • | Iron 10% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Sonic

Nutrition Facts

Serving Size 1 Corndog (72g)
Servings Per Container 1

| Amount Per Serving | | | |
|--|-----------|------------------------|------------|
| Calories 230 | | Calories from Fat 130 | |
| | | % Daily Values* | |
| Total Fat 15g | | | 23% |
| Saturated Fat 4g | | | 20% |
| Trans Fat 0g | | | |
| Cholesterol 25mg | | | 8% |
| Sodium 570mg | | | 24% |
| Total Carbohydrate 19g | | | 6% |
| Dietary Fiber 1g | | | 4% |
| Sugars 6g | | | |
| Protein 6g | | | 12% |
| Calcium 2% | • | Iron 6% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

- Higher in Fiber
- Higher in Protein
- Lower in Total Fat
- Lower in Saturated Fat
- Lower in Sodium
- Lower in Sugar
- Larger Serving Size
- Chicken Frank