



Queen Creek Unified School District

Child Nutrition Services

Contact Information:
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Meal Prices

K-6

Breakfast

Reduced: No Charge Full Pay: \$1.00

Lunch

Reduced: \$0.40 Full Pay: \$2.35

7-12

Breakfast

Reduced: No Charge Full Pay: \$1.00

Lunch

Reduced: \$0.40 Full Pay: \$2.60-\$3.50

Free and Reduced Breakfast and Lunches

QCUSD follows the USDA regulations of both the National School Breakfast Program (NSBP) and the National School Lunch Program (NSLP). This enables us to offer meals at either a reduced rate or no cost depending on family income and size. Applications are available at your school office, school cafeteria, district office, or online at www.EZMealApp.com. **A new application must be submitted each school year, even if you were approved the prior year.**

Smart Snacks in School: USDA’s “All Foods Sold in Schools” Standards

Beginning July 1, 2014, all schools in QCUSD will be compliant with the Smart Snacks in School Standards. This will affect all food and beverages sold or served to students on the school campus during the school day, other than the reimbursable meals served for breakfast and lunch which meet standards established through the NSLP/NSBP. Items subject to Smart Snacks Standards will include, but not be limited to, a la carte sales, school stores, snack bars, vending machines, fundraisers, and school events. Individual Class Parties are exempt from these rules.

The Smart Snacks Standards support better health for our kids and make the healthy choice an easier choice. The standards ensure that schools will provide more of the foods we should encourage and less of the foods we should avoid while still providing flexibility for important traditions. All food sold or served outside of the NSLP/NSBP will meet the Nutrition Standards AND at least one of the General Standards.

Nutrition Standards (must meet <u>ALL</u>)	General Standards (must <u>ALSO</u> meet at least one)	Beverage Standards
<ul style="list-style-type: none"> • 200 calories or less • 230mg Sodium or less • 35% or less of total calories from fat • Less than 10% of total calories from saturated fat • 35% or less total sugar by weight • No trans fat 	<ul style="list-style-type: none"> • Whole grain rich (at least 50% by weight) • Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, nuts, etc.) • Be a “combination food” with at least ¼ cup fruit and/or vegetable • Contain 10% of the Daily Value of a nutrient of public health concern (only through June 30, 2016) such as Calcium, Potassium, Vitamin D, or Dietary Fiber 	<ul style="list-style-type: none"> • All schools can sell: <ul style="list-style-type: none"> ○ Plain water (carbonated or still) ○ Unflavored low-fat milk ○ Flavored or unflavored non-fat milk (and alternatives) ○ 100% fruit and vegetables juices and juice diluted with water, carbonated or still • Portion sizes for milk and juice based on age: <ul style="list-style-type: none"> ○ K-6: 8oz ○ 7-12: 12oz

Please refer to the Smart Snacks Flyer at www.qcusd.org for a complete description of Smart Snacks in School Standards.

Students are allowed to pay for a la carte items with either cash or through their school meal account. If you prefer they do not use their school meal account for a la carte purchases or that a daily limit is placed on the account please notify the cafeteria and they will note this on your child's account.

School Meals

We take the quality of food that is purchased and served to the students of QCUSD very seriously. All of the grains we serve are at least 51% whole grain or higher. This includes our tortillas, hamburger and hot dog buns, sub and dinner rolls, pizza crusts and chicken nugget breading. We offer fresh fruits and vegetables every day along with canned fruit and 100% juice. We offer a variety of milk including fat free white milk, 1% white milk, fat free chocolate milk and fat free strawberry milk.

Our goal is to feature entrées that appeal to our students' preferences while providing them the highest nutritional value possible. We purchase name brand high quality foods that you know and trust including Pasta Barilla, Tyson, McCain, Quaker, Smucker's, Shamrock Dairy, Jennie-O, Kellogg's, Holsum Bakery and General Mills to name a few. Our hamburger patties are 100% beef, with no fillers. The corn dog is made with a lower-fat chicken frank and whole grain breading. We do not have fryers in any of our schools therefore all items are prepared in the oven and are never fried. We offer low-fat dressings for our salads and fresh vegetables, reduced-sugar cereals (no more than 10g of sugar per bowl (2 ½ tsp)) and very low sugar cereals.

The menu for our K-6 schools features eight weeks of different entrées that we cycle throughout the year. This enables us to offer a minimum of 40 different hot entrée choices during each cycle. Each day we have 5 entrée choices for students in grades K-6 and 15 entrée choices for students in grades 7-12. For lunch, students may choose 1 entrée, 1 milk, and unlimited fruits and vegetables. We are always open to new menu suggestions as long as they are within the budget and federal guidelines so feel free to contact us with your ideas.

Nutritional information for our items can be found online at <http://qcusd.nutrislice.com/> or by going to www.qcusd.org and choosing the Child Nutrition Department. You can also obtain the information through the Nutrislice App for free download on your Smart Phone.

Payment

We accept cash and personal checks in the cafeteria and credit card transactions online at www.EZSchoolPay.com. There is a \$25 returned check fee.

www.EZSchoolPay.com is available as a FREE service to parents. Parents can set up an account that allows you to keep track of your child's account balance, transactions and set up an automatic email reminder for low balance notifications, all FREE of charge. The account also allows parents to apply credits that post to their child's account within 10 minutes of the transaction. There is a \$2.50 fee per transaction for using a credit card to make an online payment. There is also a free App available for www.EZSchoolPay.com on both I Tunes and Android market.

Please feel free to contact your school's cafeteria at any time or the Child Nutrition Director, Carol Weekly, at (480) 987-5983.