



Nutrition Tidbits

Please let us know how we are doing!

The Child Nutrition Department strives to provide quality, variety and great customer service to the parents and students of QCUSD. We want to take this time to THANK our customers, we value you allowing us to provide meals to your children during the school year. In an attempt to continue to provide you with a great dining experience we have put together a short survey. Please take a few minutes to complete our survey and let us know how we are doing.

<https://www.surveymonkey.com/r/QCUSDChildNutrition>

Eating Right Isn't Complicated

Eating right doesn't have to be complicated — simply begin to incorporate a healthy eating plan into your daily routine. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, *trans* fats, cholesterol, salt (sodium) and added sugars.



Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats, *trans* fats and cholesterol to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

For more information visit: www.kidseatright.org

Original article can be found at <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/eating-right-isnt-complicated>

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)*—\$.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)****

Serving Lines at Desert Mountain & Frances Brandon Pickett

