



# Tidbits



## What do we do? National School Lunch Program

Since the National School Lunch Program (NSLP) was founded in 1946, school nutrition professionals have been providing America's students with healthy, balanced school meals that help them succeed in the classroom and beyond.

Public and non-profit private schools and residential child care institutions that chose to participate in NSLP and the School Breakfast Program (SBP) are required to serve meals that meet federal nutrition standards and strict food safety standards.

School meal programs must also offer free or reduced price meals to eligible children and manage the application process for the free and reduced price program. In return for meeting NSLP requirements, the federal government reimburses schools a specified amount for each meal served.

School meal programs are self-sustaining, funded through federal reimbursements and sales revenue, and independent of school district education budgets. By law, school meal programs are required to operate as non-profit entities. Despite these limited budgets, school nutrition professionals have transformed school meals.

School meals offer a critical safety net for children from low-income families. In light of scientific research linking school meals and healthy diets to academic success, many schools have expanded their breakfast programs and launched summer meal, afterschool snack and supper programs to meet students' nutritional needs.

The U.S. Department of Agriculture's Food and Nutrition Service administers NSLP and SBP. At the state level, the programs typically are overseen by state education or agriculture departments, which operate the programs through agreements with local school districts or other school food authorities.

## Join Your Child For Lunch

Join your child for lunch! The cost for a non student meal is \$3.75. Just check in at your child's school front office.

## NEW Online Parent Portal

Parents may use <https://family.titank12.com> as a **free** resource for keeping track of your child's meal account balance, viewing their transaction and sending yourself a low balance email. The service also allows you to instantly credit your child's meal account online using Visa, MasterCard or Discover for a \$2.50 service fee. It is compatible with all smart phone web browsers.

Parents may apply for free or reduced meals if their income falls within the Federal Guidelines. Applications may be found at each school, District

**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.**

<b>Does not exceed 200 calories</b>	<b>≤35% total calories from fat (excludes nuts, seeds, reduced fat cheese)</b>
<b>Zero grams trans fat</b>	<b>≤10% calories from saturated fat</b>
<b>No more than 35% total sugar by weight</b>	<b>Maximum 230 mg sodium per item</b>

**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)\*— \$.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: 210mg, Fiber: 1g, Sugar: 0g, Protein: 2g

### **Blue Bunny Ice Cream Sandwich 3oz—\$0.75**

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—\$.075**

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,