



Nutrition Tidbits



QCUSD Parent Survey—Clarifications

First and foremost, thank you to the parents who provided feedback on the QCUSD Child Nutrition Programs. We strive every day to provide your children a great value that is not only nutritious and delicious but also kid friendly and parent approved. As employees of the Child Nutrition Department serving the students of QCUSD is our main priority.

My passion for school food service started 12 years ago, several employees in the district have been here for 20+ years. We all have a passion for what we do and always strive to provide the best. Personally, I have two children in the district who attend Desert Mountain Elementary, my son attended Jack Barnes Elementary for 2 years prior to us moving into the Town of Queen Creek. My children eat school lunch everyday as do I and the majority of the staff in the department. As a parent and Registered Dietitian it is important to me that we offer the highest quality and variety to all the students of the district.

Perception is defined as the way you think about or understand someone or something. I am hoping that we can do a better job of showing parents what we offer at QCUSD in the breakfast and lunch programs.

Here are some comments/concerns from the parent survey and some answers:

Survey: Have real food. Not GMO, white flour, processed foods.

Answer: We do serve real food, we use Land O Lakes cheese, Tyson chicken, Jennie-O turkey breast, we use only 100% beef hamburger patties, 100% beef for tacos and nachos. We do our best to purchase local and always American. We do not serve any white flour, all our grains are a minimum 51% whole grain.

Survey: Get rid of the snacks that are offered. My child spends too much money there and I am unable to monitor that.

Answer: At \$2.50-\$3.00 for a lunch meal, that money has to stretch to purchase the food, tray, spoon/fork, pay the salary of the cafeteria staff, pay the salary of the delivery driver to delivers the food to the schools, pay the cost of printing menus and other associated fees. In order to provide higher quality food, it costs more money. We have to supplement the cost of the meal with a la carte options. As a parent you have the right to call the school cafeteria and set up a restriction on your child's account. As a parent I allow my children to spend \$1.50 each week to spend on extra items. This would be the decision of each parent, but we are happy to work with you to set this up. Parents can also view their children's transactions free of charge at <https://family.titank12.com>.

Survey: More variety for all students including free and reduced.

Answer: We never discriminate based on a student's status of paid, free or reduced. All students have access to the same full lunch or breakfast meal. In order to receive reimbursement for meals served the meal must be complete, we do not receive reimbursement for only an entrée or only a side so those items must be charged individually. All students have the same options at lunch. The K-6 schools have 5 different entrée choices every day, 7-8 school have 10-12 entrée choices every day and 9-12 have 12-15 entrée choices every day.

Survey: Have a variety of daily fresh fruit.

Answer: We offer a minimum of 1 fresh fruit serving on the menu, however most schools offer more than that. We have a variety of canned (no added sugar and light syrup), frozen, and dried fruit. Fresh fruit is expensive, we do our best to offer a variety of seasonal fresh fruit each day in all the school cafeterias.

Survey: The ice drinks have to be loaded with sugar.

Answer: The Penguin Ice drink is 100% juice. It is a 7oz serving and doesn't have any added sugar, just the naturally occurring sugar that is found in white grape juice.

Survey: Reduce the price

Answer: The Child Nutrition Department is a self-funded department. We do not receive money based on the general school district budget. We have to cover our expenses with our revenue. The cost of food is expensive, we have to pay for all the food, supplies, salaries and benefits of the CN staff, plus all other expenses associated with running the department and providing meals. We do not set the prices to "make money", only to cover our expenses and provide the students with the high quality options such as fresh fruits and vegetables, 100% beef, chicken breasts for salads, romaine & spring mix lettuce for our salads.

We truly appreciate all our students and want to do the best for them. Please let us know how we can help your children to have a great meal experience at school. Thank you for allowing us to feed your children!

Carol Weekly, RD, SNS
Director of Child Nutrition

Help Wanted in the School Cafeteria!!

Attention Parents/Grandparents!! Are you looking for a part-time job that allows you to make a little extra money and be on the same schedule as your children? Then come work in the cafeteria. There are 4 hour shifts, you would be able to drop your children off at school and be finished in time to pick them up. Starting pay is \$9.87/hour. Please apply online at www.qcUSD.org or call Rose Haskell at (480) 987-7496 if you have any questions.

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)*— \$.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—\$0.75

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% Juice Penguin Ice 7oz (slush)—\$0.75

Cal: 87, Cal from Fat: 0, Total Fat: 0g (0%), Sat Fat: 0g (0%), Sodium: 12.79mg, Fiber: 0g, Carbohydrates: 21g (14.29%), Protein: 0g

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, Apple-Cherry, Fruit Punch, Grape, or Orange Juice(4oz), 1% milk (8oz), fat-free chocolate or strawberry milk (8oz), fresh or canned fruits and vegetables (\$.50)****