



# Nutrition Tidbits



## Why Choose Low Fat or Fat Free Milk?

Queen Creek Unified School District school breakfasts and lunches offer fat free white milk chocolate and strawberry milk. Flavored 1% milk, all 2% milks, and all whole milks are **not** available.

Whole milk is appropriate for children from the ages of 1 year to 2 years. They need the extra fat found in whole milk for optimal brain growth during this time. After 2 years old, children should switch to fat free or 1% milk.

Fat free and 1% milk contain less calories and fat and more vitamin A, vitamin D, and calcium than whole milk.

Milk Nutrition Facts			
	1% Low Fat Milk	Fat Free Chocolate Milk	Whole Milk
Serving size	1 cup	1 cup	1 cup
Calories	100	140	146
Calories from Fat	20	0	71
Total Fat	2.5 grams	0 grams	8 grams
Saturated Fat	1.5 grams	0 grams	5 grams
Cholesterol	10 milligrams	Less than 5 milligrams	24 milligrams
Sodium	125 milligrams	200 milligrams	98 milligrams
Total Carbohydrate	12 grams	26 grams	13 grams
Protein	8 grams	8 grams	8 grams
Vitamin A	10% Daily Value	10% Daily Value	5% Daily Value
Calcium	30% Daily Value	30% Daily Value	28% Daily Value
Vitamin D	25% Daily Value	25% Daily Value	24% Daily Value

## AlaCarte Sold in the Cafeteria

All items listed on the right hand column are available for an extra charge in the cafeteria. EACH item meets strict USDA Smart Snacks nutrition guidelines. The Child Nutrition Department generates revenue from meal sales, Federal reimbursement for full meals sold, catering and a la carte sales. This revenue is used to cover the cost of food purchases for the breakfast and lunch programs, Child Nutrition staff salaries and benefits, and repairs or replacement of equipment for the program.

Parents may place restrictions on their child's account; ie: only allow 1 item per day, only allow a purchase on Friday, only allow a purchase with cash, etc. Please call your school cafeteria if you have any questions.

## National School Lunch Week

Created by President John F. Kennedy in 1962, National School Lunch Week (NSLW) is a weeklong celebration of the school lunch program.

Each student can be entered to win a cookie party for his/her classroom simply by drawing themselves enjoying a healthy and delicious QCUSD school lunch. They just need to turn in their drawing and reason why they love QCUSD school lunches and they will be entered to win!

**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)\*\***