

# School Meals Facts

## National School Lunch Program

### 1. What is the National School Lunch Program?

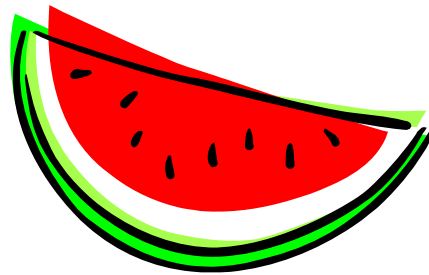
The National School Lunch Program is a federally assisted meal program operating in more than 97,700 public and non-profit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to more than 27 million children each school day.

### 2. How does the National School Lunch Program work?

School districts and independent schools that choose to take part in the lunch program get cash subsidies and donated commodities from the U.S. Department of Agriculture (USDA) for each meal they serve. In return, they must serve lunches that meet Federal requirements, and they must offer free or reduced-price lunches to eligible children.

### 3. What are the nutritional requirements for school lunches?

School lunches must meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also



*School Lunches must meet the Dietary Guidelines for Americans*

establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.

### 4. How do children qualify for free and reduced-price meals?

Any child at a participating school may purchase a meal through the National School Lunch Program. Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents.

Children from families with incomes over 185 percent of poverty pay a full price, though their meals are still subsidized to some extent.

### Meal Prices for 2008-09

Breakfast	\$1.25
Elementary Lunch	\$2.00
Middle School Lunch	\$2.25
High School Lunch	\$2.25
Reduced Price Breakfast	\$0.30
Reduced Price Lunch	\$0.40
A la carte items	Vary

### Special points of interest:

- ◆ *Our elementary and middle schools do not serve fried foods & all entries are baked.*
- ◆ *We will be using mostly whole grain bread products.*
- ◆ *We will focus on providing healthier meal options at our High School utilizing student suggestions.*

## Food & Nutrition

Queen Creek Unified School District  
20740 S Ellsworth Rd  
Queen Creek, AZ 85242

Phone: (480) 987-5983  
Fax: (480) 882-1276  
Email: [cweekly@qcusd.org](mailto:cweekly@qcusd.org)



Serving kids is our business



**“This institution is an equal opportunity provider.”**

## Let's Do Lunch—Sack Lunch or School Lunch

As a parent one of the many things you consider is, “Should I purchase a school lunch or should I pack a lunch?” Here is some good information to help you decide.

**Times have changed and so have school lunches.** Schools are required to follow the Dietary Guidelines for Americans, with some strict and detailed federal and state nutritional guidelines.

We plan and prepare nutritious meals that are popular with students. Every day elementary students have at least two entrée choices; secondary students have five or six.

**School lunch is convenient!** Parents are busy, and juggling schedules is difficult. School lunch requires no pre-planning, shopping or preparation. Students deduct their purchase from pre-paid meal accounts. We even accept online payments. Visit [www.qcusd.org](http://www.qcusd.org) and select **Departments — Food Services**.

**School lunch is a great value.** As you can see below the school lunch is less expensive than a typical packed lunch. This is a great value – a hot meal packed with nutrition!

### Just the facts\*:

- School lunches provide three times as many dairy products
- School lunches provide twice as much fruit
- School lunches provide seven times as many vegetables
- Milk was included in only 7% of lunches brought from home
- Food safety is a concern in packed lunches as they are not refrigerated and often contain food items that need to be kept cold.

### SCHOOL LUNCH

Price: \$ 2.00 Elementary

#### Menu:

Spaghetti & Meat Sauce  
Green Salad  
Lowfat Ranch Dressing  
Sliced Peaches  
French Bread  
Lowfat Milk

#### Nutrition:

Calories: 660  
Fat: 13 grams  
Vitamin A: 171%  
Vitamin C: 171%  
Calcium: 132%



### LUNCHABLE

Price: \$ 2.75

#### Menu:

*Turkey & Cheddar  
Lunchable*  
w/ Capri Sun

#### Nutrition:

Calories: 410  
Fat: 13 grams  
Vitamin A: 4%  
Vitamin C: 10%  
Calcium: 20%

### PACKED LUNCH

Price: \$ 2.78

#### Menu:

Ham & Cheese Sandwich  
Potato Chips (1 oz pkg)  
Green Grapes  
Pudding Cup  
Capri Sun

#### Nutrition:

Calories: 734  
Fat: 28 grams  
Vitamin A: 2%  
Vitamin C: 69%  
Calcium: 45%



\*Rainville, A. **Nutritional Quality of Reimbursable School Lunches Compared to Lunches Brought From Home**, *The Journal of Child Nutrition & Management*, Spring 2001.