

GET TO KNOW THE SCHOOL LUNCH PROGRAM!

- Combo meals meet the National School Lunch program requirements whereby nutritional standards are averaged over a full week of lunches.
- Ala Carte items meet the Arizona Nutrition Standards.
- No more than 30% of calories can come from fat and less than 10% from saturated fat.
- Juice sizes do not exceed 8 oz servings.
- 1% white milk will be offered in addition to 2% beginning in February.
- Chocolate milk is 1%
- Slushies are 100% fruit juice.
- Meal offerings are trans-fat free
- High fructose corn syrup is minimal and only appears in a few items .
- Combo Meals cost \$2.25 and include:
 - Maximum selection of the entrée, up to 3 side items and juice or milk.
 - Minimum selection of the entrée and 1 side item (to reduce food waste).
- Pizza – since pizza does not meet the Arizona Nutritional Standard for an ala carte item, it must be sold as a combo meal in order to meet these standards. No second (individual) slices are sold unless as a complete meal (see Combo Meal above).
- The Nutritional Services department is a self supporting department, paying its own salaries, equipment expenses and food product expenses. They take no money from the SUSD Maintenance and Operating budget.
- The Nutritional Services department does turn a slight profit which is paid back to the district to cover such expenses as cafeteria utilities.
- You may limit your child's purchases on www.mylunchmoney.com, either with a dollar limit or per item.

SPECIFIC POINTS FOR DESERT CANYON

- Biodegradable lunch trays will be a permanent change in the near future.
- Cookies (reduced fat, whole grain) are offered at Desert Canyon on Wednesdays only.
- Ice cream is offered at Desert Canyon on Fridays only.
- Crystal Light will be discontinued after the current stock is sold out.
- A la carte sides offered at Desert Canyon include baked chips, Cheese- Its, Goldfish crackers, pretzels, granola bars, whole grain muffins, cookies and brownies (Wednesdays only), Blue Bunny ice cream bars (Fridays only), 100% fruit juice, 100% fruit juice slushies, milk, sugar free hot cocoa, water.

The Nutritional Service department must serve foods within the NSLP and ANS requirements, serve foods the kids want to eat and support their own expenses. If you have any questions about the school nutrition program, you may contact Michele Walters, Director of Nutrition Services for SUSD at mwalters@susd.org.

