



Snacks:	Price:
Assorted Cookies (1.5oz)	\$0.60
Assorted Cereal	\$1.20
Assorted Muffins (2oz)	\$1.20
Assorted Pop-Tarts	\$1.20
Fruit Snacks	\$1.10
Assorted Chips - (Reduced Fat or Baked)	\$1.30
Sides (Breads, Fruits & Vegetables)	\$1.00
Yogurt Cup (4oz)	\$1.20
Bagel with cream cheese	\$1.20
String Cheese	\$1.20
Mini Rice Krispy Treats	\$0.25
Rice Krispy Treats (1.41oz)	\$1.50
A la Carte Entrée Base- (Sono, Tomato, Grilled Express, On the Go)	\$2.65
A la Carte Entrée Tier 1- (Upgraded Grilled Express, Create)	\$3.10
A la Carte Entrée Tier 2- (Asian Nation)	\$3.35

Beverages:	Price:
Assorted Milk	\$ 0.70
100% Juice 4oz	\$ 0.70
Izze Sparkling Juice	\$ 1.80
Capri Sun 100% Juice	\$ 1.20
100% Juice 10oz	\$ 1.50
100% Fruit Juice Slushies	\$ 1.75

Nutrition Standards for Foods As of July 2014, schools are required to meet new USDA nutrition regulations for a la carte foods and beverages. All of our ala carte snacks and beverages will:

- (1) meet all of the proposed competitive food nutrient standards; and
- (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or
- (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e. calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet several nutrient requirements:

Calorie limits

Snack items: ≤ 200 calories Entrée items: ≤ 350 calories

Sodium limits

Snack items: ≤ 230 mg** Entrée items: ≤ 480 mg

Fat limits

Total fat: ≤35% of calories Saturated fat: <10% of calories Trans fat: zero grams

Sugar limit: ≤ 35% of weight from total sugars in foods

This institution is an equal opportunity employer.