

# A LA CARTE SMART SNACK MENU

SMART SNACK STANDARDS ARE A FEDERAL REQUIREMENT FOR ALL FOODS SOLD OUTSIDE OF THE NATIONAL SCHOOL LUNCH PROGRAM AND SCHOOL BREAKFAST PROGRAM.

TO QUALIFY AS A SMART SNACK, A SNACK MUST MEET THE GENERAL NUTRITION STANDARDS:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as 1st ingredient)
- Have the 1st ingredient be a fruit, vegetable, dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable

SNACKS MUST ALSO MEET ALL OF THE FOLLOWING:

- Calories: Less than 200
- Sodium: Less than 200 mg
- Total Fat: Less than 35% of calories
- Saturated Fat: Less than 10% of calories
- Trans Fats: Zero grams
- Sugar: Less than 35% of sugar by weight

## SNACKS

Nutri Grain Bars	\$0.75
Fantastix	\$0.75
Cheez-Its	\$0.75
Cheetos & Flaming Hot**	\$0.75
Doritos	\$0.75
Funyuns	\$0.75
Lay's Baked Chips	\$0.75
Lay's Kettle Cooked Chips	\$0.75
Goldfish	\$0.75
Rold Gold Pretzels	\$0.75
Ruffles Baked Cheddar & Sour Cream	\$0.75
Rice Krispie Treat	\$0.75
Otis Spunkmeyer Cookies**	\$0.25
Poptarts	\$0.50
Simply Gogurt	\$0.75
Hershey's Assorted Ice Cream	\$1.50

## BEVERAGES

Water-8 fl oz.	\$0.50
Water 16.9 oz	\$1.00
Capri Sun- 100% Juice 6 fl oz.	\$1.00
Milk - 8 fl oz.	\$0.50
Gatorade Zero (Variety Flavors)*	\$1.50
Izze- 100% Sparkling Juice**	\$1.50
Sparkling Ice-Zero Calorie Drink*	\$2.00

*Item availability may vary per campus.  
All prices are subject to change.*

Updated 12/10/21

\*ONLY SOLD IN HIGH SCHOOLS  
\*\*ONLY SOLD IN SECONDARY SCHOOLS

