

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	\$1.00
Chips	\$1.00
Cheez-Its	\$0.75
Goldfish	\$0.75
Chex Mix	\$0.75
Beef Jerky	\$1.25
Rice Krispie Treat	\$1.00
Otis Spunkmeyer Cookie**	\$0.50
Poptarts	\$0.75
Simply Gogurt	\$1.00
Ice Cream & Frozen Yogurt	\$1.75

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*	\$2.00
Propel Water*	\$2.00
Izze or Envy 100% Sparkling Juice**	\$1.75
Sparkling Ice*	\$2.00
Diet Soda (12oz can)*	\$1.50
Coffee, Hot or Iced*	\$2.00

Updated 8/2/2023

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

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

