

# Food and Nutrition Services A La Carte Offerings 2018-19

Jeffco Food and Nutrition Services offers a la carte offerings daily to our students. A la Carte include single items offered in addition to or separate from the reimbursable meal such as: bottled beverages, milk, extra entrees, snack items, etc. Snacks must meet all Federal regulations regarding nutritional standards. These standards include:

Calories	<ul style="list-style-type: none"><li>• <b>Snacks Items:</b> less than or equal to 200 calories</li><li>• <b>Entrée Items:</b> less than or equal to 350 calories</li></ul>
Sodium	<ul style="list-style-type: none"><li>• <b>Snack Items:</b> less than or equal to 230 mg</li><li>• <b>Entrée Items:</b> less than or equal to 480 mg</li></ul>
Total Fat	<ul style="list-style-type: none"><li>• &lt;35% Calories from Fat</li></ul>
Saturated Fat	<ul style="list-style-type: none"><li>• &lt;10% Calories from Saturated Fat</li></ul>
Trans Fat	<ul style="list-style-type: none"><li>• Zero grams per serving</li></ul>
Sugar	<ul style="list-style-type: none"><li>• &lt;35% Sugar (by weight)</li></ul>

Snack items must be whole grain or the 1<sup>st</sup> ingredient must be a fruit, vegetable, dairy or protein food.

We understand and support each family's decision to allow or not allow their child(ren) to purchase additional a la carte items. ***If you choose to limit your child's purchase of a la carte, please let us know your direction below. Do not complete if no a la carte changes are needed.***

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Student name (please print) \_\_\_\_\_

Student ID Number \_\_\_\_\_ Student School \_\_\_\_\_

- May use his/her student meal account for a la carte purchases with the following limits:
  - Limit to \$ \_\_\_\_\_ a day or
  - Limit to \_\_\_\_\_ times a week (List Specific Days) \_\_\_\_\_
- Cash only snack purchases
- No a la carte allowed (this includes bottled water, single milks)
- Other directions (different from the list above, please list below):  
\_\_\_\_\_

Parent or Guardian Signature

Date

**Please return to your Cafeteria manager**