

# High School Smart Snacks & Meals

## Café Menu Student Pricing

### Nutrition standards for foods

Since July 1, 2014, the US Department of Agriculture's Smart Snacks in School rules have required all a la carte foods and beverages sold separate from school meals to meet new nutrition standards. All of our a la 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 grain as the first ingredient.
- 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 a ½ cup fruit and/or vegetable; or
- 5] Contains 10% of the daily value (DV) of a nutrient of public health concern (ie., 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: ≤ 200 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

Schools in Massachusetts must adhere to whichever of the two standards, State or Federal is stricter. Additionally schools may choose to enact stricter standards of their own.



## Smart Snacks

<b>Baked Chips (WG,RF)</b>	<b>\$1.00</b>
<b>Rice Krispie Treats (WG)</b>	<b>\$1.00</b>
<b>Chocolate Chip Cookies (WG)</b>	<b>\$1.00</b>
<b>Oreos (2 pack)</b>	<b>\$0.50</b>
<b>Mozzarella String Cheese</b>	<b>\$0.50</b>
<b>Cheddar Cheese Cubes</b>	<b>\$0.50</b>
<b>Ice Cream Cone</b>	<b>\$1.25</b>
<b>Ice Cream Bar</b>	<b>\$1.00</b>
<b>Freeze Pops</b>	<b>\$1.00</b>
<b>Ice Cream Cup</b>	<b>\$1.00</b>

## Beverages

<b>Fruit Smoothie 8.0oz</b>	<b>\$1.50</b>
<b>Switch Fruit Juice 7.5oz</b>	<b>\$1.25</b>
<b>Motts Fruit juice 8.0oz</b>	<b>\$1.25</b>
<b>Bottled Spring Water 16.9oz</b>	<b>\$1.00</b>
<b>Bottled Spring Water 8.0oz</b>	<b>\$0.50</b>
<b>Milk 1% Low Fat 8.0oz</b>	<b>\$0.60</b>
<b>Milk Nonfat Choc Fat 8.0oz</b>	<b>\$0.60</b>

## Meals & Entrees\*

<b>Reimbursable Breakfast</b>	<b>FREE</b>
<b>Reimbursable Lunch</b>	<b>FREE</b>
<b>Breakfast Extra Entrée Item</b>	<b>\$1.50</b>
<b>Lunch Extra Entrée Item</b>	<b>\$1.50</b>
<b>A La Carte Item</b>	<b>\$2.00</b>
<b>Veggie Combo W/Hummus</b>	<b>\$1.50</b>
<b>Fruit Combo W/ Choc Spread</b>	<b>\$1.50</b>
<b>Extra Side Fruit/Vegetable</b>	<b>\$0.75</b>

## Salad Bar

<b>Salad W/ Protein 24oz.</b>	<b>\$3.00</b>
<b>Salad W/O Protein 24oz.</b>	<b>\$2.00</b>
<b>Side Salad 12oz.</b>	<b>\$1.25</b>

\* Meal Items that meet the nutrition standards

This Institution is an equal opportunity provider