

# Food and Nutrition Services

## Meal and Ala Carte Pricing 2017-2018

In addition to school breakfast and lunch, the Clay County Food & Nutrition Services Team also offers Ala Carte items at all grade levels. These items are available to students at an additional cost and provide students with a few more choices each day. All Ala Carte options are in compliance with the USDA's Smart Snacks in School competitive food guidelines.

County Breakfast	Reduced Breakfast	Adult Breakfast	Elementary Lunch	Secondary Lunch	Reduced Lunch	Adult Lunch
\$1.50	\$0.30	\$2.00	\$2.00	\$2.25	\$0.40	\$3.00

### ALA CARTE ITEMS / PRICING

• Whole Grain Toast/Crackers (2 pkgs)	\$ .20
• String Cheese (light)	\$ .20
• Whole Grain Cookie, Wheat Roll/Grains	\$ .40
• Whole Grain Baked Chips, CheezIts, Pretzels, Snack Crackers/Mix, Cereal Bars, Muffins	\$ .50
• Sunflower Seeds ( <i>Junior/Senior</i> )	\$ .50
• Vegetable/Fruit	\$ .60
• DeConna Low Fat Ice Cream	\$ .65
• Whole Grain Rice Krispy Treat	\$ .75
• Fresh Fruit, Juice	\$ .50
• Yogurt Cup, Go-Gurt	\$ .65
• Tornados ( <i>Junior/Senior</i> )	\$1.25
• Parfaits Fruit & Yogurt	\$1.50
• Lunch Entrée	\$1.55
• Breakfast Entrée	\$ .80

#### BEVERAGES

• Milk (8 oz)	\$ .50
• Water, Arizona Tea ( <i>Senior</i> ), G2 Gatorade ( <i>Senior Only</i> )	\$1.00
• Switch 100% Juice ( <i>Junior/Senior</i> )	\$1.00
• Propel Water, Sparkling Ice ( <i>Senior</i> )	\$1.50
• Planet Smoothie 100% Juice ( <i>Junior/Senior</i> )	\$2.75

#### SMART SNACKS IN SCHOOL

- Be a "whole grain-rich" grain product; or
- Have a fruit, vegetable, dairy product, or protein as the first ingredient; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

#### NUTRITION 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, Zero Grams Trans Fat
- Sugar Limits: ≤ 35% of weight from total sugars in foods

#### BEVERAGE GUIDELINES

**Healthier beverage options during the school day.  
All schools are allowed to sell:**

- Plain water, unflavored low-fat milk, flavored & unflavored non-fat milk, and 100% fruit/vegetable juices with no added sweeteners.
- Elementary schools may sell ≤ 8 oz. of milk and juice, while junior and senior high schools may sell ≤ 12 oz. portions of milk & juice.
- Senior high schools can sell lower calorie beverages ≤ 12 oz. and ≤ 20 oz. for calorie free beverages.

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