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.

We 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**, these choices can be made online using your School Café account at [www.schoolcafe.com/Jeffcosd](http://www.schoolcafe.com/Jeffcosd) or by using this form.

All items sold a la carte must meet all Federal regulations regarding nutritional standards. Snack items must be whole grain or the 1st ingredient must be a fruit, vegetable, dairy or protein food and must meet the standards below:

| Calories | • Snacks: less than or equal to 200 calories  
|          | • Entrées: less than or equal to 350 calories  |
| Sodium   | • Snack Items: less than or equal to 230 mg  
|          | • Entrée Items: less than or equal to 480 mg  |
| Total Fat| • <35% Calories from Fat  |
| Saturated Fat | • <10% Calories from Saturated Fat  |
| Trans Fat| • Zero grams per serving  |
| Sugar    | • <35% Sugar (by weight)  |

**Do not complete if no a la carte limitations are needed.**

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 la carte items per day  
or  

Do **NOT** allow CASH purchases on the following days:

☐ Monday  ☐ Tuesday  ☐ Wednesday  ☐ Thursday  ☐ Friday

Do **NOT** allow DEBIT purchases (from lunch account) on the following days:

☐ Monday  ☐ Tuesday  ☐ Wednesday  ☐ Thursday  ☐ Friday

Special Instructions (different from the list above, please list below):

____________________________________________________________________________

Parent or Guardian Signature ___________________________ Date _________________

Please return to your Cafeteria manager