

Food and Nutrition Services A la Carte Offerings 2019-20

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