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**
  - Snacks Items: less than or equal to 200 calories
  - Entrée Items: less than or equal to 350 calories

- **Sodium**
  - Snacks 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)

Snack items must be whole grain or the 1st 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.**

-------------------------------------------------------------------------------------------------------------------

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):
  __________________________________________________________________________
  __________________________________________________________________________

-------------------------------------------------------------------------------------------------------------------

Please return to your Cafeteria manager