

Food and Nutrition Services A La Carte Offerings 2018-19

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	<ul style="list-style-type: none">• Snacks Items: less than or equal to 200 calories• Entrée Items: 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)

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):

Parent or Guardian Signature

Date

Please return to your Cafeteria manager