




A LA CARTE

A la Carte items are additional items that are not included in a school lunch.


Drinks


	Milk	.50
	Bottled Water- 20 oz	1.20
	100% 4 oz. Juice Cups	.55
	Powerade Zero	1.50
	Vitamin Water-20 oz	1.50
	V-8 Fusion	1.50
	Fuze	1.50
	Iced Teas	.85

Breakfast Snacks

	Bagels	.60		Nutra-grain/ Cereal Bar	.85
	Yogurt/Pudding	.75		Cereal Bowl Packs	.75

Snacks

	Rice Krispie Treat	.85		Fresh Fruit	.55
	Animal Crackers	.50		Fruit By the Foot	.65
	Baked Chips/Pretzels	.85		French Fries	1.25
	Soft Pretzel/Filled	1.00/1.50		Fresh Baked Cookie	.90
	100 Calorie Snacks	.80		Nachos w/ cheese	1.50
	Parfait Cup	1.50		Second Entrée	1.90

	<i>Balanced Choices Snack Parameters</i>	
	No > 35% calories from fat	No > 10% calories from saturated fat
	No > 35% sugar by weight	No > 480 mg sodium
	No > 200 total calories	