






A LA CARTE

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

Drinks


	Milk	.50
	Bottled Water-16.9oz	1.00
	Bottled Water –20 oz	1.20
	100% 4 oz. Juice Cups	.55
	100% 10 oz juice bottle	1.25
	Fuze 12 oz	1.10
	Powerade Zero	1.40
	Iced Teas	.80

Breakfast Snacks

	Bagels	.60		Nutra-grain Cereal Bar	.85
				Nature Valley Granola Bar	.85
	Yogurt	.80		Cereal Bowl Packs	.75

Snacks

	Rice Krispie Treat	.85		Fresh Fruit	.55
	Teddy Grahams	.40		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
	Vegetable Tray	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	