

Not only does Bradford County School District offer nutritious meals every day, but we offer nutritious Ala Carte items at all schools. Ala Carte items are not included in free school meals and must be paid for.

ALA CARTE ITEMS AND PRICES 2018-2019

<u>Ala Carte Items</u>	<u>Pricing</u>	<u>Ala Carte Drinks</u>	<u>Pricing</u>
Breakfast Entrée	\$ 1.25	Water 16.9 oz	1.00
Lunch Entrée Item	\$2.25	Switch 8 oz (Assorted)	\$ 1.00
		Capri Sun 6 oz	\$ 1.00
		Adult Tea (If Offered, adults ONLY)	\$ 1.25
Adult Lunch	\$ 4.00		
Dinner Roll	\$.50		
Toast	\$.25		
Vegetable/Fruit	\$.75		
Baked Chips	\$.75		
Cookies (Bag)	\$.75		
		<u>Ala Carte Drinks (High School ONLY)</u>	<u>Pricing</u>
Cookie (Fresh Baked)	\$.35	Arizona Tea 11.5 oz	\$ 1.00
		G2 Gatorade 12 oz (Assorted)	\$ 1.00
		Flavored Water 16.9 oz (Assorted)	\$ 1.00
		<u>Others</u>	
		Dressing, extra	\$.25
		Condiments, extra	\$.10
String Cheese	\$.35		
Yogurt (Assorted) - Elem	\$.75		
Cereal Bars (Assorted)	\$.75		
Brownie	\$.50		
Rice Krispy Treat- BMS/BHS	\$ 1.00		
Rice Krispy Treat - Elem	\$.25		
Fruit Snacks – Elem	\$.75		
Fruit Snacks – BMS/BHS	\$ 1.50		
Yogurt Parfait - BHS	\$ 1.75		
Johnny Pops (Ice Cream)	\$.75		
Juice	\$.50		
Milk	\$.50		

Nutrition Standards for All Smart Snacks

Any food sold in school must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or

Foods must also meet nutrient requirements:

- Calorie Limits: Snack Items-less than 200 calories and Entrée Items-less than 350 calories.

- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Sodium Limits: Snack Items-less than 230 mg and Entrée Items less than 480 mg.
- Fat Limits: Total Fat-less than 35% of calories, Saturated Fat-less than 10% of calories, and Trans Fat-zero grams.
- Sugar Limits: Less than 35% of weight from total sugars in foods.

Nutrition Standards for All Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

“No Calorie” and “Lower Calorie” options

for high school students:

- No more than 20 oz portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid oz or less than 10 calories per 20 fluid oz.
- No more than 12 oz portions of
- Beverages with less than 40 calories per 8 fluid oz, or less than 60 calories per 12 fluid oz.