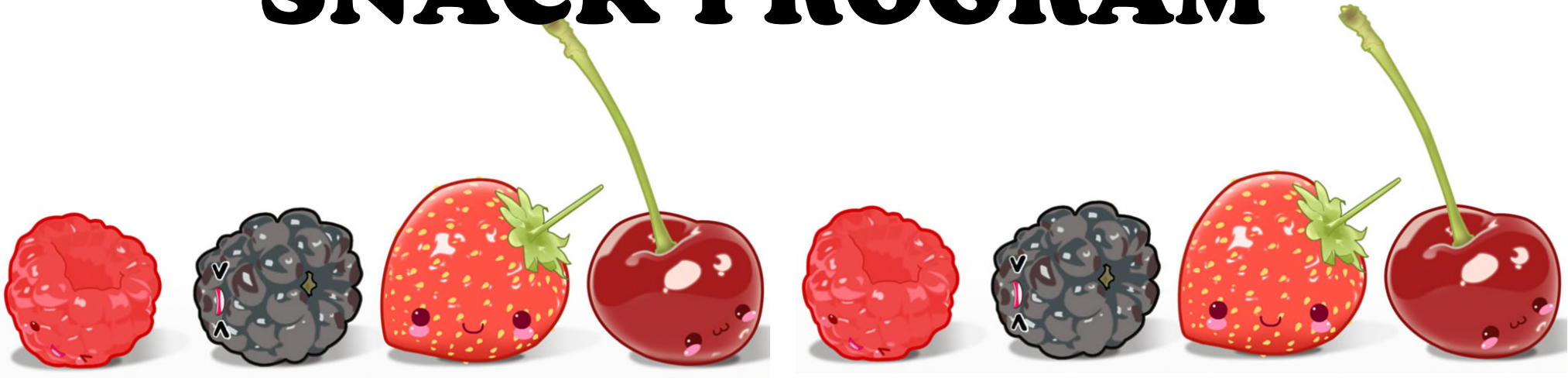


SNACK PROGRAM



The cafeteria offers a variety of healthier snacks to complement your child's meal. These snacks are in-line with the district's standards in the "Wellness Policy."

The goal is to create a healthy school environment and to offer snacks that ensure students are only offered tasty and nutritious foods during the school day.

Below, please find a list of the snacks offered in your elementary school. Many of these snacks are reformulated versions of some of the students' favorite treats. (Shh...don't tell your kids!)



Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

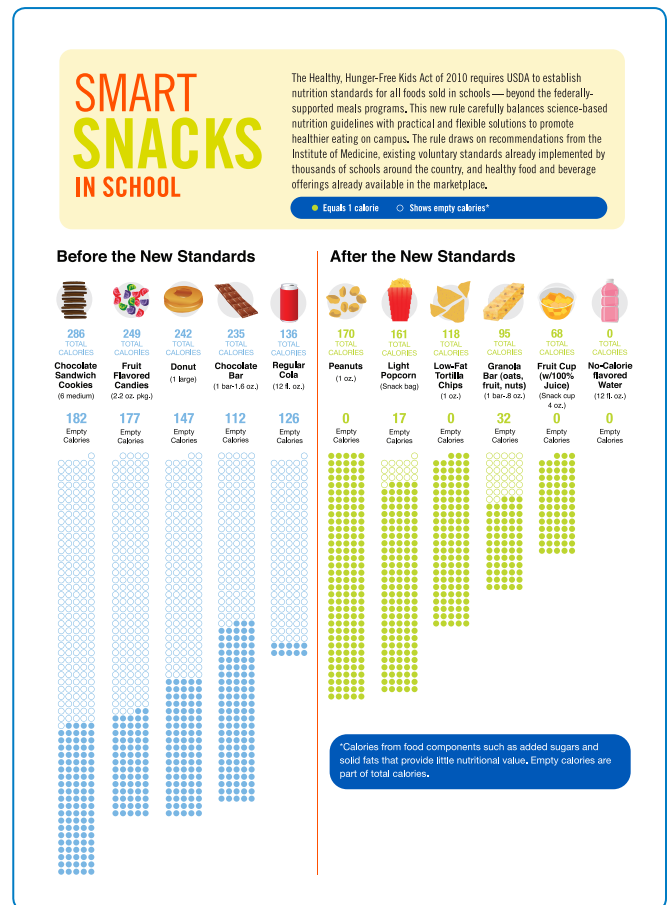
Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools 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
 - 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).*
- **Foods must also meet several nutrient requirements:**
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



Nutrition Standards for 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.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
 - No more than 20-ounce 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 ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:
<http://www.regulations.gov>

Comment by Mail:
William Wagoner
Section Chief, Policy and
Program Development Branch
Child Nutrition Division
Food and Nutrition Service
P.O. Box 66874
St. Louis, MO 63166



MOUNTAIN LAKES ELEMENTARY SNACK OPTIONS



Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Carbohydrates(g)	Sugar(g)	Sodium
Chloe's Frozen Fruit Pop	76g	60	0g	0g	15.0g	14.0g	0mg
David's Chocolate Chip Cookie	1oz	130	7.0g	2.0g	16.0g	9.0g	95mg
David's Double Chocolate Chip Cookie	1oz	130	7.0g	2.5g	16.0g	9.0g	90mg
David's Oatmeal Raisin Cookie	1oz	120	5.0g	1.5g	17.0g	9.0g	95mg
David's Red Velvet Cookie	28g	130	6.0g	2.0g	17.0g	11.0g	65mg
David's Sugar Cookie	1oz	130	7.0g	3.5g	17.0g	8.0g	105mg
Frito Lay's Baked Original Potato Chips	0.875oz	110	3.0g	0g	19.0g	2.0g	140mg
Frito Lay's Baked Sour Cream and Onion Potato Chips	0.875oz	110	3.0g	0g	19.0g	2.0g	150mg
Frito Lay's Baked Tostitos Scoops	1oz	120	3.0g	0g	22.0g	0g	125mg
Frito Lay's Rold Gold Pretzels, Heartzels	0.7oz	80	1.0g	0g	16.0g	<1.0g	200mg
Land O'Lakes Cheese Stick Mozzarella, Part Skim	28g	60	3.0g	2.0g	1.0g	1.0g	200mg
Mom Pops Frozen Fruit Ice Pop	28g	15	0g	0g	4.0g	2.0g	0mg
Mott's Applesauce, Unsweetened	4.5oz	50	0g	0g	14.0g	12.0g	0mg
My Super Cookie, Chocolate	1oz	120	3.5g	2.0g	21.0g	8.0g	70mg
Pepperidge Farm Cheddar Goldfish WG	1oz	130	5.0g	1.0g	18.0g	0g	220mg
Rich's Crumbled Cookie Cone	70g	150	2.5g	1.5g	31.0g	14.0g	110mg
Rich's LF Chocolate Shortcake	70g	140	3.5g	1.0g	22.0g	15.0g	60mg
Rich's LF Icecream Sandwich	51g	130	2.0g	1.0g	25.0g	12.0g	120mg
Stacy's Pita Chips Cinnamon Sugar	1.5oz	200	7.0g	0.75g	30.0g	8.0g	180mg
Stacy's Pita Chips Simply Naked	1.5oz	200	8.0g	0.5g	28.0g	1.0g	410mg
Suncup 100% Apple Juice	4 fl oz	60	0g	0g	14.0g	12.0g	5mg
Suncup 100% Grape Juice	4 fl oz	80	0g	0g	19.0g	18.0g	10mg
Suncup 100% Natural Fruit Punch	4 fl oz	60	0g	0g	14.0g	12.0g	5mg
Suncup 100% Orange Juice	4fl oz	60	0g	0g	14.0g	12.0g	5mg
Suncups 100% Orange-Pineapple Juice	4 fl oz.	60	0g	0g	15.0g	13.0g	5mg
The Better Chip, Kale and Spinach Chip	1oz.	0	0	0	0	0	0
Zee Zee Hummus	3oz	120	3.5g	0g	18.0g	3.0g	90mg



PARENTS CHOOSE

Many parents want to help their child make proper dining choices. Your school cafeteria is working to help. Most importantly, Pomptonian designs a menu of popular choices that, over the course of the week, achieve several nutritional goals.

Each day, meals contain:

- A protein
- A whole grain
- A fresh fruit selection
- A vegetable selection
- A hormone-free, low or non-fat milk selection.

The cafeteria also offers snacks that comply with the new USDA Smart Snack rules, which require all grains to be whole grain rich and limits calories, sodium, and fat.