

# ELEMENTARY 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

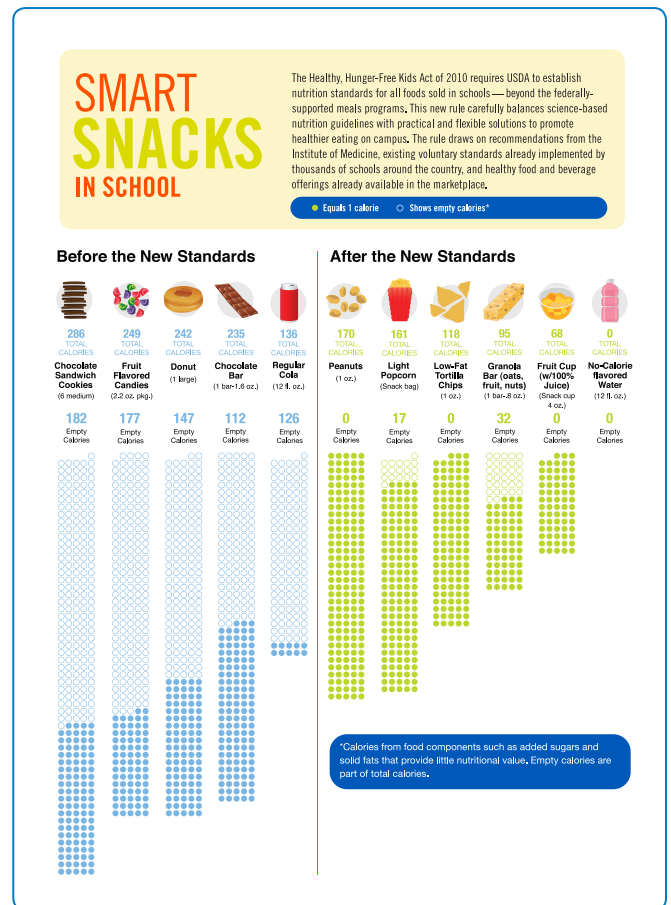
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk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

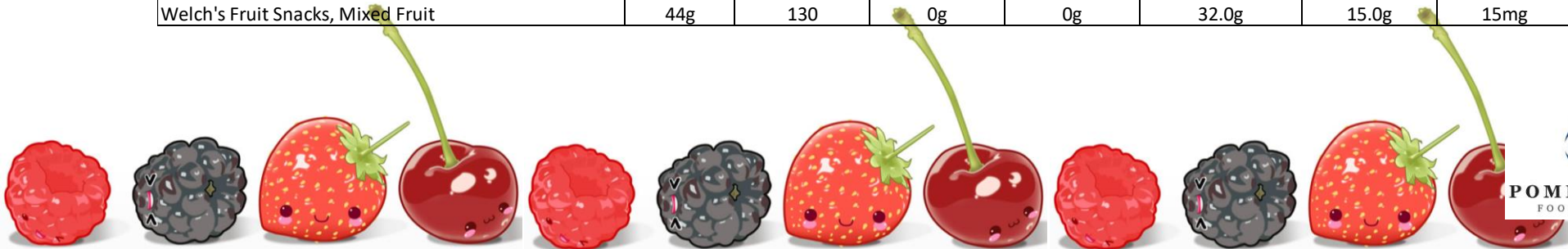
**Comment Online:**  
<http://www.regulations.gov>

**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



# COLTS NECK MIDDLE SCHOOL SNACK OPTIONS

Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Carbohydrates(g)	Sugar(g)	Sodium
Apple & Eve 100% Apple Juice	6.75 fl oz	90	0g	0g	21.0g	20.0g	5mg
Chobani Blueberry Greek Yogurt	4oz	90	0g	0g	13.0g	11.0g	50mg
Chobani Strawberry Greek Yogurt	4oz	90	0g	0g	13.0g	12.0g	40mg
Chobani Vanilla Greek Yogurt	4oz	90	0g	0g	11.0g	9.0g	45mg
David's W/G Candy Cookie	1.85oz	190	6.0g	2.0g	32.0g	16.0g	150mg
David's W/G Chocolate Brownie Cookie	1.85oz	190	7.0g	2.0g	31.0g	15.0g	170mg
David's W/G Chocolate Chip Cookie	1.85oz	200	7.0g	2.0g	33.0g	17.0g	160mg
David's W/G Oatmeal Raisin Cookie	1.85oz	190	6.0g	1.5g	33.0g	16.0g	120mg
David's W/G Red Velvet Cookie	1.85oz	190	6.0g	2.0g	32.0g	16.0g	150mg
David's W/G Sugar Cookie	1.85oz	200	7.0g	2.0g	33.0g	16.0g	160mg
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 Cheetos RF Puffs Flamin' Hot	0.7oz	90	3.5g	0.5g	13.0g	0g	140mg
Frito Lay's Smart Food, RF White Cheddar Popcorn	0.5oz	70	2.5g	0g	9.0g	<1.0g	100mg
Frito Lay's Sunchips, Snack Mix	0.875oz	110	4.0g	0g	17.0g	1.0g	170mg
Frozen Yogurt NF Chocolate Cup	4oz	100	2.0g	1.0g	20.0g	15.0g	100mg
Frozen Yogurt NF Vanilla Cup	4oz	100	1.5g	1.0g	19.0g	15.0g	80mg
Munchie Mix	0.875oz	110	3.5g	0g	17.0g	2.0g	180mg
Pepperidge Farm Cheddar Goldfish WG	0.75oz	100	4g	0.5g	14.0g	0g	170mg
Pepperidge Farm Goldfish Pretzel	0.75oz	90	1.5g	0g	16.0g	0g	200mg
Popcorners, White Cheddar	28g	130	6.0g	0.5g	17.0g	2.0g	170mg
Salveo Cheese Balls	0.8oz	100	4.0g	0g	16.0g	1.0g	130mg
Snapple Juiced	11.5oz	170	0g	0g	42.0g	40.0g	30mg
Sparkling Juice Water, Apple	8 fl oz	110	0g	0g	29.0g	27.0g	5mg
Sparkling Juice Water, Berry	8 fl oz	110	0g	0g	30.0g	29.0g	5mg
Sparkling Juice Water, Black Cherry	8 fl oz	110	0g	0g	29.0g	28.0g	5mg
Sparkling Juice Water, Fruit Punch	8 fl oz	110	0g	0g	29.0g	28.0g	5mg
Sparkling Juice Water, Strawberry Kiwi	8 fl oz	110	0g	0g	29.0g	28.0g	5mg
SuperPretzel W/G Cinnamon Bun Pretzel Stick	59.5g	150	2.5g	1.0g	30.0g	8.0g	115mg
SuperPretzel W/G Soft Pretzel	2.2oz	140	0.5g	0g	30.0g	1.0g	150mg
Welch's Fruit Snacks, Berries & Cherries	44g	130	0g	0g	32.0g	15.0g	15mg
Welch's Fruit Snacks, Mixed Fruit	44g	130	0g	0g	32.0g	15.0g	15mg





# 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.