

SMART SNACKS IN YOUR SCHOOL

ELEMENTARY SCHOOL SNACK PROGRAM

The cafeteria offers a variety of healthier snacks to complement your child's meal. These snacks are in-line with the new, strict standards of the Healthy, Hunger-Free Kids Act and with the USDA's Smart Snacks policy. They also meet the standards recommended by the Alliance for a Healthier Generation.

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 snacks offered in your school. Many of these snacks are reformulated versions of some of the students' favorite treats (shhh...don't tell your kids!). Water (16.9oz), juice (4oz.), and fresh fruits and vegetables are also available daily.



POMPTONIAN
FOOD SERVICE

[Please click here to visit the USDA website](#)

For informational purposes only. If your child has an allergy or is diabetic, please contact the cafeteria at 908-918-2130. Information is current to the best of our knowledge, as of February 2017. Manufacturer reserves the right to make changes or substitutions.

FOR INFORMATIONAL PURPOSES ONLY

Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)
Capri-Sun Berry	177ml	90	0g	0g	21g	20g
Capri-Sun Apple	177ml	80	0g	0g	20g	20g
Capri-Sun Grape	177ml	90	0g	0g	22g	21g
Capri-Sun Fruit Punch	177ml	80	0g	0g	21g	20g
Rich's Crumbled Cookie Cone	70g	170	3.5g	1.5g	31g	15g
Rich's Polar Pole - Rainbow	58g	70	1g	.5g	13g	12g
Rich's 3 oz. Low Fat Sandwich	51g	130	2g	1g	25g	12g
Rich's Orange Cream Bar	52g	70	1g	.5g	14g	11g
Rich's Fudge Frenzy	63g	90	0g	0g	19g	13g
Rich's Chocolate Shortcake -Lowfat	70g	140	3.5g	1g	22g	15g
Linden's Chocolate Chip Whole Grain	1.1oz	140.3	5.2g	1.55g		10.9g
Linden's Chocolate Chippers	1.1oz.	145.1	5.5g	1.6g	22.3g	10.5g
Frito Lay Baked Original Potato Chips	24.8g	100	1.5g	0g	20g	2g
Frito Lay Baked BBQ Potato Chips	24.8g	110	2.5g	0g	19g	3g
Frito Lay Baked Sour Cream and Onion Potato Chips	24.8g	100	2.5g	0g	18g	3g
Frito Lay Rold Gold heartzels Pretzels	1 package	80	1.5g	0g	15g	0g
Pepperidge Farm Cheddar Goldfish WG	21g	100	3.5g	1g	14g	0g
Pirates Booty WG	0.75oz (21g)	100	4g	0.5g	14g	1g
Popcorners Sea Salt	28g	130	3g	0g	22g	0g
Quaker Snack Mix	24.8g	110	3.5g	0g	17g	2g



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.

Parents can further limit their child's choices by restricting prepaid balances to meals only. This ensures your prepaid lunch account is used solely for wholesome meals. To take advantage of this option, contact the cafeteria at 908-918-2130 so your child's account can be updated.