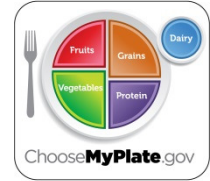




Poway Unified School District
Food and Nutrition Department
California Smart Snacks in Schools
A LA CARTE SMART SNACKS PRICE LIST
High Schools and Middle Schools



A la carte Smart Snacks may be purchased separately from the school lunch and breakfast meal programs ONLY if students pay cash or have sufficient funds in their school lunch accounts. A la carte Smart Snacks are intended to supplement, rather than replace, full meals purchased at school or brought from home.

All Smart Snacks comply with local PUSD Wellness requirements and strict federal and state nutrition standards. All grain-based foods (breads, buns, pizza crust, crackers, cookies, pastries, etc.) are whole grain-rich. All Smart Snacks comply with required limits on calories, fat, sodium, and sugar. Every item is trans fat-free.

If you would like your child to purchase a la carte Smart Snack items, please make sure that adequate funds are in his/her school meals account. If you **DO NOT** want your child to purchase a la carte Smart Snacks, notify your school's Food and Nutrition Supervisor to block a la carte purchases.

SNACKS	Price
Baby Carrots	\$0.25
Fresh Fruit: Apple, Orange, Banana	\$0.50
Apple Slices	\$0.75
Buttermilk Bar, WG	\$0.75
Cheez-It Crackers, WG	\$0.75
Cookie, Fresh Baked, WG	\$0.75
Dried Fruit	\$0.75
Fresh Seasonal Fruit	\$0.75
String Cheese	\$0.75
Applesauce Cup	\$1.00
Brownie, WG	\$1.00
Cereal Bar, WG	\$1.00
Chex Mix, WG	\$1.00
Chips, Baked or Reduced Fat	\$1.00
Frozen 100% Fruit Juice Cup	\$1.00
Granola Bar, WG	\$1.00
Ice Cream Bar, Low Fat	\$1.00
Nutri-Grain Bar, WG	\$1.00
Potato Wedges, Baked	\$1.00
Soft Baked Pretzel, WG	\$1.00
Cheese-Filled Pretzel, WG	\$1.25
Cinnamon Roll, WG	\$1.25
Crumb Square, WG	\$1.25
Frozen 100% Fruit Juice Slush	\$1.25
Rice Krispies Treat, WG	\$1.25
Bagel (WG) with Cream Cheese	\$1.50
Corn Chips (WG) and Salsa	\$1.50
Cheese Breadstick (WG) and Marinara	\$1.75
Corn Chips (WG) and Cheese Sauce	\$1.75

ENTREES and SANDWICHES (All WG)	Price
Breakfast Sausage Slider Sandwich	\$1.00
Egg and Cheese Bagel Sandwich	\$2.00
Ham and Cheese Bagel Sandwich	\$2.00
Baked Taco Pocket ("Nada")	\$2.25
Cheesy Pull-Apart Bread	\$2.50
Egg Roll with Brown Rice	\$2.50
Garden Salad with a Wheat Dinner Roll	\$2.50
Yogurt, Fruit, and Granola Parfait	\$2.50
BBQ Chicken Flatbread	\$3.00
BBQ Pork Rib Sandwich	\$3.00
Bean and Cheese Burrito	\$3.00
Buffalo Chicken Bites with Brown Rice	\$3.00
Cheeseburger	\$3.00
Chicken Caesar Wrap	\$3.00
Chicken Tender Sandwich (Reg. or Spicy)	\$3.00
Chicken Tenders with a Wheat Dinner Roll	\$3.00
Grilled Cheese Sandwich	\$3.00
Meatball Sub Sandwich	\$3.00
Orange Chicken with Brown Rice	\$3.00
Pizza Slice	\$3.00
Sweet Chili Thai Chicken with Brown Rice	\$3.00
Teriyaki Chicken with Brown Rice	\$3.00
Teriyaki Chicken with Noodles	\$3.00
Turkey Breast and Cheese Sandwich	\$3.00

BEVERAGES	Price
Milk, Low Fat or Fat Free, 8 oz.	\$0.75
Juice, 100% Fruit, 8 oz.	\$0.75
Water, Bottled, 20 oz.	\$1.25
"Switch" Sparkling 100% Fruit Juice	\$1.50
Gatorade "G2", Low Cal. (High Schools only)	\$1.50

WG = Whole Grain-Rich

All grain-based Smart Snack foods (breads, buns, tortillas, rice, pizza crust, crackers, cookies, breakfast bars, pastries, etc.) are whole grain-rich.

Availability of a la carte Smart Snack items varies by school and by day. Please contact your school's Food and Nutrition Supervisor for availability. Smart Snack items are subject to change without notice.