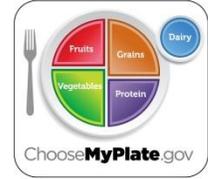




Poway Unified School District
Food and Nutrition Department
California Smart Snacks in Schools
A LA CARTE SMART SNACKS PRICE LIST
High Schools and Middle Schools



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 PUSD Wellness requirements and strict federal and state nutrition standards. All grain-based foods (breads, buns, pizza crust, rice, pasta, 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 | |
|---------------------------------------|--------|
| Baby Carrots | \$0.25 |
| Whole Apple, Orange, or Banana | \$0.50 |
| Buttermilk Bar | \$0.50 |
| Fresh Seasonal/Specialty Fruit | \$0.75 |
| Fresh Apple Slices | \$0.75 |
| Dried Fruit | \$0.50 |
| String Cheese or Cheese Cubes | \$0.75 |
| Cheez-It Crackers | \$0.75 |
| Freshly Baked Cookie | \$0.75 |
| Fruit Cup | \$1.00 |
| Baked Potato Wedges | \$1.00 |
| Cereal Bar | \$1.00 |
| Granola Bar | \$0.75 |
| Baked or Reduced Fat Chips | \$1.00 |
| Soft Pretzel | \$1.00 |
| Crumb Square | \$1.25 |
| Brownie | \$1.00 |
| Mini Chocolate Chip Cookies | \$1.00 |
| Low Fat Ice Cream | \$1.00 |
| Frozen Juice Cup | \$1.00 |
| Soft Pretzel & Cheese Sauce | \$1.75 |
| Cinnamon Roll | \$1.25 |
| Rice Krispies Treat | \$1.25 |
| Pirate's Booty Corn Puffs | \$1.50 |
| Bagel with Light Cream Cheese | \$1.50 |
| Baked Chips with Salsa | \$1.50 |
| Baked Chips with Cheese Sauce | \$1.50 |
| Cheesy Breadstick with Marinara Sauce | \$1.75 |

| ENTREES and SANDWICHES | |
|---|--------|
| Breakfast Sausage Slider Sandwich | \$2.00 |
| Baked "Tornado" Taquito | \$1.50 |
| Egg and Cheese Bagel Sandwich | \$2.00 |
| Ham and Cheese Bagel Sandwich | \$2.00 |
| Baked Taco Pocket ("Nada") | \$2.25 |
| Garden Salad with a Roll | \$2.50 |
| Yogurt, Fruit, and Granola Parfait | \$2.50 |
| Chicken Tenders (2-pc) with a Roll | \$3.00 |
| BBQ Chicken Flatbread | \$3.00 |
| Hawaiian Flatbread | \$3.00 |
| BBQ Pork Rib Sandwich | \$3.00 |
| Bean and Cheese Burrito | \$3.00 |
| Beef and Cheese Burrito | \$3.00 |
| Cheeseburger | \$3.00 |
| Chicken Sandwich (regular or spicy) | \$3.00 |
| Meatball Sub Sandwich | \$3.00 |
| Orange Chicken with Rice | \$3.00 |
| Pizza Slice (cheese or pepperoni) | \$3.00 |
| Teriyaki Chicken with Chow Mein Noodles | \$3.00 |
| Turkey and Cheese Deli Sandwich | \$3.00 |
| Chicken Ranch Wrap | \$3.25 |
| Philly Cheesesteak Sandwich | \$3.00 |
| Turkey & Pepper Jack Panini | \$3.25 |

| BEVERAGES | |
|---|--------|
| Milk, Low Fat or Fat Free, 8 oz. carton | \$0.75 |
| 100% Fruit Juice, 8 oz. carton | \$1.00 |
| Bottled Water, 20 oz. | \$1.25 |
| "Izze" Sparkling 100% Fruit Juice, 8 oz. | \$1.50 |
| "Juice Alive" 100% Fruit Juice Slushy, 10 oz. | \$1.75 |
| Gatorade "G2", Low Calorie, 12 oz. (HS only) | \$1.50 |
| Fruit & Yogurt Smoothie, 8 oz. | \$1.75 |

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.

This institution is an equal opportunity provider.