

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.

Baby Carrots Whole Apple, Orange, or Banana Buttermilk Bar Fresh Seasonal/Specialty Fruit Fresh Apple Slices Dried Fruit String Cheese or Cheese Cubes Cheez-It Crackers Freshly Baked Cookie Fruit Cup Baked Potato Wedges Cereal Bar Granola Bar Baked or Reduced Fat Chips Soft Pretzel Crumb Square Brownie Mini Chocolate Chip Cookies Low Fat Ice Cream Frozen Juice Cup Soft Pretzel & Cheese Sauce Soft Pretzel & Sof		
Whole Apple, Orange, or Banana Buttermilk Bar Fresh Seasonal/Specialty Fruit Fresh Apple Slices Dried Fruit String Cheese or Cheese Cubes Cheez-It Crackers Freshly Baked Cookie Fruit Cup Baked Potato Wedges Cereal Bar Granola Bar Baked or Reduced Fat Chips Soft Pretzel Crumb Square Brownie Mini Chocolate Chip Cookies Low Fat Ice Cream Frozen Juice Cup Soft Pretzel & Cheese Sauce Cinnamon Roll Rice Krispies Treat Pirate's Booty Corn Puffs Bagel with Light Cream Cheese Baked Chips with Salsa \$0.50 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$0.75 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.25 \$1.50 \$1.50 \$1.50 \$1.50	SNACKS	
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 \$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	Baby Carrots	\$0.25
Fresh Seasonal/Specialty Fruit Fresh Apple Slices Dried Fruit String Cheese or Cheese Cubes Cheez-It Crackers Freshly Baked Cookie Fruit Cup Baked Potato Wedges String Granola Bar Baked or Reduced Fat Chips Soft Pretzel Crumb Square Brownie Mini Chocolate Chip Cookies Low Fat Ice Cream Frozen Juice Cup Soft Pretzel & Cheese Sauce Cinnamon Roll Rice Krispies Treat Pirate's Booty Corn Puffs Baked Chips with Salsa S0.75 S0.75 Fruit Cup \$1.00 Cereal Bar \$1.00 S1.00 S1.00 S1.00 S1.00 S1.00 S1.00 S1.00 S1.00 S1.00 S1.25 S1.50 S1.50	Whole Apple, Orange, or Banana	\$0.50
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 \$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	Buttermilk Bar	\$0.50
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	Fresh Seasonal/Specialty Fruit	\$0.75
String Cheese or Cheese Cubes Cheez-It Crackers Freshly Baked Cookie Fruit Cup Saked Potato Wedges Cereal Bar Granola Bar Soft Pretzel Crumb Square Brownie Mini Chocolate Chip Cookies Low Fat Ice Cream Frozen Juice Cup Soft Pretzel & Cheese Sauce Cinnamon Roll Rice Krispies Treat Pirate's Booty Corn Puffs Baked Chips with Salsa \$0.75 \$0.75 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.25 \$1.00 \$1.00 \$1.25 \$1.50 \$1.50 \$1.50	Fresh Apple Slices	\$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	Dried Fruit	\$0.50
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	String Cheese or Cheese Cubes	
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	Cheez-It Crackers	\$0.75
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	Freshly Baked Cookie	\$0.75
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	Fruit Cup	\$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 Potato Wedges	\$1.00
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	Cereal Bar	\$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	Granola Bar	\$0.75
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		•
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	Soft Pretzel	\$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	Crumb Square	\$1.25
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	Brownie	•
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	Mini Chocolate Chip Cookies	\$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	Low Fat Ice Cream	\$1.00
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	Frozen Juice Cup	\$1.00
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	Soft Pretzel & Cheese Sauce	\$1.75
Pirate's Booty Corn Puffs \$1.50 Bagel with Light Cream Cheese \$1.50 Baked Chips with Salsa \$1.50	Cinnamon Roll	\$1.25
Bagel with Light Cream Cheese \$1.50 Baked Chips with Salsa \$1.50	Rice Krispies Treat	\$1.25
Baked Chips with Salsa \$1.50	Pirate's Booty Corn Puffs	\$1.50
·		\$1.50
Raked Chine with Chance Sauce \$1.50	Baked Chips with Salsa	\$1.50
Daked Chips with Cheese Sauce \$1.50	Baked Chips with Cheese Sauce	\$1.50
Cheesy Breadstick with Marinara Sauce \$1.75	·	\$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
Turkey & Pepper Jack Panini	\$3.25
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
Meatball Sub Sandwich	\$3.00
Homestyle Chicken Bowl	\$3.00
Fuego Chicken Wrap	\$3.25
Southwest Chicken Soup with Chips	\$2.75
Teriyaki Chicken Bowl	\$3.00

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
100% Fruit Juice Slushy, 12 oz (HS only)	\$2.00
100% Fruit Juice Slushy, 10 oz. (MS only)	\$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.