



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
French Toast	\$1.25
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
Pop-Tart	\$1.00
Banana Bread	\$1.25

ENTREES and SANDWICHES	
Breakfast Sausage Slider Sandwich	\$2.00
Baked "Tornado" Taquito	\$1.50
Smucker's Uncrustables (HS only)	\$2.75
Ham and Cheese Bagel Sandwich	\$2.00
Baked Taco Pocket ("Nada")	\$2.25
Garden Salad with a Roll	\$2.50
Yogurt Parfait (all flavors)	\$2.50
Chicken Tenders (2-pc) with a Roll	\$3.00
Soft Pretzel & Cheese Sauce	\$1.75
Philly Flatbread	\$3.00
Chili Dog	\$2.25
Bean and Cheese Burrito	\$3.00
Cheesy Breadstick with Marinara Sauce	\$1.75
Cheeseburger	\$3.00
Chicken Sandwich (regular or spicy)	\$3.00
Turkey & Pepper Jack Panini	\$3.25
Turkey and Cheese Deli Sandwich	\$3.00
Pizza Slice (cheese or pepperoni)	\$3.00
Teriyaki Chicken with Chow Mein Noodles	\$3.00
Orange Chicken with Rice	\$3.00
Teriyaki Chicken Bowl	\$3.00
Chicken Ranch Wrap	\$3.25
Meatball Sub Sandwich	\$3.00
Homestyle Chicken Bowl	\$3.00
Fuego Chicken Wrap	\$3.25
Crispy Turkey Taco w/ Rice and Beans	\$2.75
Chicken 'n Waffles (w/ syrup)	\$3.25
Mesquite BBQ Chicken w/ Cornbread	\$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
100% Fruit Juice Slushy, 12 oz (HS)	\$2.00
100% Fruit Juice Slushy, 10 oz. (MS)	\$1.75
Gatorade "G2", Low Calorie, 12 oz. (HS)	\$1.50

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.