



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
Fruit Cup	\$1.00
Fresh Seasonal/Specialty Fruit	\$0.75
Fresh Apple Slices	\$0.75
Dried Cranberries	\$0.75
String Cheese or Cheese Cubes	\$0.75
Cheez-It Crackers	\$0.75
Freshly Baked Cookie	\$0.75
Buttermilk Bar	\$0.50
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	\$1.50
Brownie	\$1.00
Mini Chocolate Chip Cookies	\$1.00
Low Fat Ice Cream	\$1.00
Frozen Juice Cup	\$1.00
Banana Bread	\$1.50
Cinnamon Roll	\$1.50
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

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)	\$1.75

ENTREES and SANDWICHES	
Breakfast Sausage Slider Sandwich	\$2.00
Egg & Cheese Bagel Sandwich	\$2.00
Ham and Cheese Bagel Sandwich	\$2.00
French Toast (1 slice) w/ Syrup	\$2.00
Waffles (2 each) w/ Syrup	\$2.00
Garden Salad with a Roll	\$2.50
Yogurt Parfait (all flavors)	\$2.50
Baked "Tornado" Taquito	\$1.75
Baked Taco Pocket ("Nada")	\$2.25
BBQ Chicken Flatbread	\$3.00
Chili Dog	\$2.75
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	\$3.25
Homestyle Chicken Bowl	\$3.00
Chicken Caesar Wrap	\$3.25
Chicken Ranch Wrap	\$3.25
Fuego Chicken Wrap	\$3.25
Crispy Turkey Taco w/ Rice and Beans	\$3.00
Chicken 'n Waffles (w/ syrup)	\$3.50
Mesquite BBQ Chicken w/ Cornbread	\$3.25
Smucker's Uncrustable (grape or strawberry)	\$3.25
BBQ Pork Rib Sandwich	\$3.00
Meatball Sub Sandwich	\$3.00
Philly Cheesesteak Sandwich	\$3.25
Chicken Tenders (2-pc) with a Roll	\$3.00
Soft Pretzel & Cheese Sauce	\$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.