



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 have sufficient funds in their school lunch accounts. **NO CASH** transactions will be accepted at this time. 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 or Dried Fruit Blend	\$0.75
String Cheese or Cheese Cubes	\$0.75
Cheez-It Crackers	\$0.75
Freshly Baked Cookie	\$0.75
Granola Bar	\$0.75
Pop-Tart	\$1.00
Cereal Bar	\$1.00
Baked or Reduced Fat Chips	\$1.00
Brownie	\$1.00
Mini Chocolate Chip Cookies	\$1.00
Soft Pretzel	\$1.00
Low Fat Ice Cream	\$1.25
Bagel with Light Cream Cheese	\$1.50
Pirate's Booty Corn Puffs	\$1.50
Crumb Square	\$1.50
Rice Krispies Treat	\$1.50
Banana Bread	\$1.50
Cinnamon Roll	\$1.50
Tornado (chicken or beef)	\$1.75
Soft Pretzel with Nacho Cheese Sauce	\$1.75
"Nada" Pocket	\$2.50
Yogurt Parfait	\$2.50

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.	\$1.75
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

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.