

Families Making the Connection

Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, vegetables, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

In North Carolina, State Board of Education policy (TCS-S-000) prohibits the sale of competitive foods to students from 12:01 am until after the cafeteria closes for the day. Competitive foods are foods sold in competition with the school breakfast or lunch program. If available, students may choose to purchase these competitive snack/beverage options instead of a school meal. School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart Snacks in School support the efforts of school nutrition professionals, school administrators, teachers, families and the school community who are working to help children build healthy habits for a lifetime.

For more about school meals and snacks: <http://childnutrition.ncpublicschools.gov>.

After School Snack Menu for December 2019

NHCS

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
				
Monday, December 30	Tuesday, December 31			

December

- Pear Month
- Handwashing Week (1st week in December)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>