

# Jeffco FNS A la Carte Offerings 2022-23

Jeffco Food and Nutrition Services (FNS) offers a la carte offerings daily to our students. A la Carte include single items offered in addition to or separate from the reimbursable meal such as: bottled beverages, milk, extra entrees, snack items, etc.

We support each family's decision to allow or not allow their child(ren) to purchase additional a la carte items. **If you choose to limit your child's purchase of a la carte**, these choices can be made online using your School Café account at ([www.schoolcafe.com/Jeffcosd](http://www.schoolcafe.com/Jeffcosd)) or by using this form.

All items sold a la carte must meet all Federal regulations regarding nutritional standards. Snack items must be whole grain or the 1<sup>st</sup> ingredient must be a fruit, vegetable, dairy or protein food and must meet the standards below:

|               |   |
|---------------|---|
| Calories      | <ul style="list-style-type: none"><li>• <b>Snacks</b> : less than or equal to 200 calories</li><li>• <b>Entrées</b>: less than or equal to 350 calories</li></ul> |
| Sodium        | <ul style="list-style-type: none"><li>• <b>Snack Items</b>: less than or equal to 200 mg</li><li>• <b>Entrée Items</b>: less than or equal to 480 mg</li></ul>    |
| Total Fat     | <ul style="list-style-type: none"><li>• &lt;35% Calories from Fat</li></ul>   |
| Saturated Fat | <ul style="list-style-type: none"><li>• &lt;10% Calories from Saturated Fat</li></ul>   |
| Trans Fat     | <ul style="list-style-type: none"><li>• Zero grams per serving</li></ul>  |
| Sugar         | <ul style="list-style-type: none"><li>• &lt;35% Sugar (by weight)</li></ul>   |

**Do not complete if no a la carte limitations are needed.**

Student name (please print) \_\_\_\_\_

Student ID Number \_\_\_\_\_ Student School \_\_\_\_\_

May use his/her student meal account for a la carte purchases with the following limits:

Limit to \_\_\_\_\_ (#) a la carte items per day or

**Do NOT allow CASH purchases on the following days:**

Monday  Tuesday  Wednesday  Thursday  Friday

**Do NOT allow DEBIT purchases (from lunch account) on the following days:**

Monday  Tuesday  Wednesday  Thursday  Friday

**Special Instructions (different from the list above, please list below):**

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

**Please return to your Cafeteria manager**