

2018-2019 Ala Carte Price List

Hopkins Public Schools

NUTRITION AND LIFESTYLE SERVICES

ELEMENTARY ALA CARTE SELECTIONS & PRICE LIST

<u>ITEM DESCRIPTION</u>	<u>PRICE</u>	<u>ITEM DESCRIPTION</u>	<u>PRICE</u>
Milk, 8 oz carton	\$.55	Extra servings fruit/vegetable	\$.65
2 nd Entrees	\$2.40	Extra Bread	\$.35

HIGH SCHOOL & JUNIOR HIGH ALA CARTE SELECTIONS/PRICE LIST

<u>ITEM DESCRIPTION</u>	<u>PRICE</u>	<u>ITEM DESCRIPTION</u>	<u>PRICE</u>
Entrée only at High School	\$2.90	Energy Trail Mix	\$1.50
Entrée only at Jr. High	\$2.65	Popcorn	\$1.25
Second Lunch at High School	\$4.10	Bare Fruit	\$1.75
Second Lunch at Jr. High	\$3.95	Annie's Frozen Yogurt Cones (HHS)	\$2.00
Whole Grain Bagels w/ Spread	\$1.50	Beef Jerky	\$3.00
Fruit Cups	\$3.00	Milk, 8 oz carton	\$0.55
Veggie & Dip Cups	\$3.00	Bottle Water, 20 oz	\$1.25
Fruit & Granola Yogurt Parfaits	\$3.00	Izze/V8 Fusion Juice Drinks	\$2.00
Fresh Fruit, Whole Asst	\$0.65	100% Fruit Juices, 10 oz Bottle	\$2.00
Assorted Whole Grain Bakery	\$1.00 - \$2.00	Smart Water	\$2.00/\$2.75
Assorted Baked Crackers & Chips	\$1.00 - \$2.00	La Croix Sparkling Water 12 oz	\$1.50
Peanuts/ Sunflower Nuts	\$1.00	Fruit Flavored Water	\$2.00
Assorted Granola Bars	\$1.25	Vitamin Water Zero	\$2.25

ALA CARTE NUTRITION STANDARDS

Hopkins Public Schools evaluated ala carte foods & beverages selections against the nutrition standards (listed below) as developed and recommended by the School Nutrition Association, Institute of Medicine and Alliance for a Healthier Generations. We believe that foods and beverages sold/served outside reimbursable student nutrition programs should complement, rather than compete with reimbursable meals. Our goal is to offer foods and beverages at school that will contribute to teaching students lifelong healthy eating habits. Current and future implementation of these standards will require a collaborative effort with all stakeholders.

ALA CARTE FOODS - LIMITED TO 200 CALORIES OR LESS PER SINGLE SERVE PORTION:

- No more than 35 percent of total calories from fat
 - Less than 10 percent of total calories from saturated fats
 - Zero trans fat (less than 0.5 grams per serving)
 - 35 percent or less of calories from total sugars
 - Sodium content of 230 mg or less
- Due to nutrient density, nuts (1 oz), seeds (1 oz), cheese (1 oz), are exempt from fat, saturated fat standards; will be served in 1 oz sizes only.

ALA CARTE BEVERAGES

- Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation, or flavoring) up to 12 oz. portion size
- Low-fat and fat-free milk with no more the 225 calories per 12 oz. portion size
- 100% juice or 100% juice/water blends up to 12 oz.

Not all foods offered currently meet these exact profiles; we believe that the best method for changing students' habits is to phase these guidelines in over time and while teaching and encouraging students to balance their choices.