



SNACK RESTRICTION

National School Lunch Program

The National Lunch School Lunch is a federally assisted meal program operating in public and non-profit schools. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program requires the student to choose three, four, or all five of the meal components.

The lunch components include:

- Meat or Meat Alternative
- Vegetable
- Fruit
- Bread or Bread Alternative
- Low-Fat Milk

If less than 3 items are chosen, each item will be charged as a separate a la carte price.

If your child receives free or reduced lunch they must take an entire meal, at least three of the components, to be eligible for the free or reduced price.

A La Carte Snacks

Our goal is that snack and beverage items served in the cafeteria and vending areas that the Nutrition Group manages adhere to the following:

Snack items will not contain sugar as the first ingredient

Snack items will provide minimal amounts of trans fatty acids

Only single serving packages will be offered

A limit of 5 snack choices will be available at the elementary level

A variety of items offered will provide at least 2 grams of fiber

Foods of minimal nutritional value, including candy and soda, will not be sold

100% of the beverages sold at elementary schools and 75% of those served at secondary schools will be 100% juice, milk, or water

In addition, marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier choices

If you do NOT want your child to be allowed to use their account money for snacks or if you would like to limit your child's account in anyway, please complete the form below.

Snack Restriction Form

My child is **not** permitted to use account money for snacks or

(please fill-in)

Student Name:

Date: _____