

PARENTS CHOOSE

Many parents want to help their child make proper dining choices. Your school cafeteria is working to help. Most importantly, Pomptonian designs a menu of popular choices that, over the course of the week, achieve several nutritional goals.

Each day, meals contain:

- A protein
- A whole grain
- A fresh fruit selection
- A vegetable selection
- A hormone-free, low or non-fat milk selection.

The cafeteria also offers snacks that comply with the new USDA Smart Snack rules, which require all grains to be whole grain rich and limits calories, sodium, and fat.

Serve Day	Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Carbohydrates(g)	Sugar(g)	Sodium
Tuesday	MJM Graham Vanilla Bear	1oz	111	3.5g	0.5g	20.0g	6.0g	95mg
Wednesday	Whole Grain Davids Cookie	1.85oz	200	7g	2g	33g	16g	160mg
Thursday	Whole Grain Pepperidge Farm Snack	1 pack	90	1.5g	0g	16g	0g	200mg

Snacks are .95 and will be offered 3 days a week on Tuesdays, Wednesdays, and Thursdays. David's Cookies will rotate weekly between Sugar and Chocolate Chip. Pepperidge Farm Snacks will alternate between Cheddar and Pretzel.