



Smart SNACK menu

Meramec Valley Elementary
Schools

Snacks

Nutrition Standards for Foods

As of July 2014, schools are required to meet new USDA nutrition regulations for a la carte foods and beverages. All of our ala carte snacks and beverages will:

- (1) meet all of the proposed competitive food nutrient standards; and
- (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; *or*
- (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); *or*
- (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; *or*
- (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet several nutrient requirements:

Calorie limits

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

Sodium limits

Snack items: ≤ 230 mg**

Entrée items: ≤ 480 mg

Fat limits

Total fat: ≤35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

Sugar limit

≤ 35% of weight from total sugars in foods

Reduced Fat Cookie	\$.55
Cinnamon Bug Bite Graham Crackers	\$.60
Scooby Doo Stix	\$.60
Baked Chips Variety	\$.85
Mott's Fruit Snacks	\$.90
Variety Cereal Bar	\$.80
Variety Muffins (choc, banana, blueberry)	\$.85
Scooby Fruit Snacks	\$.75
Frosted Strawberry or Cinnamon Poptart	\$1.00
Rice Krispie Treat	\$1.30
Whole Grain Cheez-it	\$.60
Goldfish Cracker	\$.50
Fruit Roll Up	\$.65
Sugar Free Pudding Cup	\$0.70
Entrée Only	\$2.00
Extra Side Item	\$0.75

Beverages

Milk	\$.65
Capri Sun	\$ 1.00
Small Water	\$.60

