

Food and Nutrition Services Snack Offerings

Jeffco Food and Nutrition Services offers snacks daily to our students. These snacks meet all Federal regulations regarding nutritional standards. These standards include:

Calories	<ul style="list-style-type: none">• Snacks Items: less than or equal to 200 calories• Entrée Items: less than or equal to 350 calories
Sodium	<ul style="list-style-type: none">• Snack Items: less than or equal to 230 mg• Entrée Items: less than or equal to 480 mg
Total Fat	<ul style="list-style-type: none">• <35% Calories from Fat
Saturated Fat	<ul style="list-style-type: none">• <10% Calories from Saturated Fat
Trans Fat	<ul style="list-style-type: none">• Zero grams per serving
Sugar	<ul style="list-style-type: none">• <35% Sugar (by weight)

Snack items must be whole grain or the 1st ingredient must be a fruit, vegetable, dairy or protein food.

We understand and support each family's decision to allow or not allow their child(ren) to purchase additional snack items. ***If you choose to limit your child's purchase***, please let us know your direction below (***Do not complete if no changes are needed***):

Student name (please print) _____

Student ID Number _____ Student School _____

May use his/her student meal account for snacks with the following limits:

Limit to \$ _____ a day or

Limit to _____ times a week

Cash only snack purchases

Other directions: _____

(Parent or Guardian Signature)

(Date)

Please return to your Cafeteria manager