

2017-2018 Price List

Place order with Café Manager

Smart Solutions for Schools

Snacks	Price
Cheese, Mozzarella (String) Stick	\$.50
Cookie, Iced Sugar (whole grain), SOLD BY THE DOZEN	\$10.00
Crackers, Pepperidge Farms Cheddar Goldfish (whole grain)	\$.30
Crackers, Keebler Graham Bug Bites (whole grain)	\$.40
Crackers, Disney "Frozen" Movie Grahams (whole grain)	\$.40
Cupcake, "Celebration" Frosted Chocolate (whole grain)	\$.75
Cupcake, "Birthday" Frosted Vanilla (whole grain)	\$.75
Fruit Bar, Nutri-Grain, variety of flavors (whole grain)	\$.60
Granola Bar, Kellogg's Chewy, variety of flavors (whole grain)	\$.50
Popcorn, Frito Lay Smartfood White Cheddar (whole grain)	\$.50
Pretzels, Low Sodium (whole grain)	\$.50
Rice Krispies Marshmallow Treat (whole grain) Traditional or Choc.	\$.65
Fresh Fruit in Season (1/2 cup)	\$.60
Fresh Vegetable in Season (Ranch dressing available upon request)	\$.60
Fruit/Vegetable – Specialty Items	\$ 1.00
Beverages	Price
Juice Box (aseptic), 6.75oz, variety of flavors	\$.50
Juice, Switch Brand, (carbonated) 8 oz., variety of flavors	\$ 1.00
Water, Plain, 8 oz. bottle	\$.30

Other items available upon request. CNS also offers full catering service.

Items are to be used in accordance with Board Policies, for purposes that do not compete with any other service offered by CNS (before, during or after school), and may not be resold.

Tax will be assessed when the majority to be served are adults.

Smart Solutions for Schools

Child Nutrition Services Smart Snacks



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

CHILD NUTRITION SERVICES

1551 Rock Quarry Road
Raleigh, NC 27610

www.wcpss.net/school-meals

WE HAVE A SMART SOLUTION FOR YOU

Do you need a food or beverage for a special event for students? Are you uncertain how to ensure it meets federal Smart Snacks Rules? WCPSS Child Nutrition Services' (CNS) has a Smart Solution for you!

CNS provides beverages and snacks that meet Smart Snacks nutrition standards. Using CNS's Smart Solutions service is convenient and eliminates the product analysis you need to complete to ensure the recommended nutrition and appropriate serving sizes are met. We've done the homework so you don't have to!

Let CNS be your one stop shop for simple, smart, snacks and beverages. Ordering is easy! Contact your school Dining Room Manager for details.

Select items* can be purchased from CNS by representatives of the school community - PTA, school staff, and parents.

* Must comply with Board policies. Not to be resold. For uses that do not compete with any other service offered by CNS - before, during, or after school.

SMART SNACKS NUTRITION STANDARDS

FOODS*

Ingredient requirement:

- Be "whole grain-rich"; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.



Nutrient requirements:

- Calories ≤ 200
- Sodium ≤ 200 mg
- Total fat ≤ 35% of calories
- Saturated fat < 10% of calories
- Trans fat zero grams
- Sugar ≤ 35% of weight from total sugars in foods

Nutrition Facts		
Serving Size 1 bar (40g)		
Servings Per Container 3		
Amount Per Serving	Honey Nut Cheerios	Cinnamon Toast Crunch
Calories	160	
Calories from Fat	35	
		%DV*
Total Fat	4g	6%
Saturated Fat	2g	4%

*Accompaniments such as dressings, spreads, etc... that are served with foods must be included.

BEVERAGES

Approved for all schools:

- Plain water with or without carbonation
- Unflavored low fat milk
- Unflavored or flavored fat free milk/milk alternatives permitted by NSLP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners



Elementary schools: up to 8-ounce portions of milk and juice

Middle schools: up to 12-ounce portions of milk and juice with no portion size limit for plain water



High schools:

- Up to 12-ounce portions of milk and juice
- No portion size limit for plain water
- Additional no calorie and lower calorie options permitted.
 - "NO CALORIE" — No more than 20-ounce portions of:
 - Calorie-free flavored water with or without carbonation; and
 - Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces; or ≤ 10 calories per 20 fluid ounces
 - "LOWER CALORIE" — No more than 12-ounce portions of beverages with ≤ 40 calories per 8 ounces; or ≤ 60 calories per 12 fluid ounces.

TWO KEY RESOURCES TO DETERMINE SMART SNACK FOOD OR BEVERAGE COMPLIANCE

See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Food Planner

<https://foodplanner.healthiergeneration.org/products>

Use the Smart Snacks Product Calculator

<https://foodplanner.healthiergeneration.org/calculator>

