

Jeffco Food and Nutrition Services

A LA CARTE GUIDE

SY 2025 - 26

Philosophy

Jeffco Food and Nutrition Services believes in the “All Foods Fit” philosophy and that all foods can fit into an overall healthy diet. In order to meet the many food philosophies of a diverse district population, we provide an a la carte program for grades K-12. We offer a number of new Smart Snack items to best fit the needs of our students. See Smart Snack items available in Jeffco Schools at the link below.

[Smart Snack Item List](#)

Smart Snack Guidelines

A la carte includes various snacks and beverages that meet federal United States Department of Agriculture (USDA) [Smart Snacks in Schools Guidelines](#) and comply with our [district's wellness policy](#). Many items sold are formulated specifically for K-12 food service and are different from the version you find in grocery stores. The guidelines ensure that the first ingredient of each item sold is either a whole grain, fruit, vegetable, dairy, or protein food and must meet the following standards.

Additionally, extra servings of our healthy entrée and side items from the daily menu are available for purchase a la carte.

SMART SNACK GUIDELINES

ALL A LA CARTE SOLD BY JEFFCO FOOD & NUTRITION SERVICES MUST MEET THESE GUIDELINES FROM THE USDA

Calories	Snacks Items: less than or equal to 200 calories Entrée Items: less than or equal to 350 calories
Sodium	Snack Items: less than or equal to 200 mg Entrée Items: less than or equal to 480 mg
Total Fat	<35% Calories from Fat
Saturated Fat	<10% Calories from Saturated Fat
Trans Fat	Zero grams per serving
Sugar	<35% Sugar (by weight)

BECAUSE ALL A LA CARTE ITEMS SOLD AT JEFFCO MUST MEET SMART SNACK GUIDELINES, MANY ITEMS SOLD ARE FORMULATED SPECIFICALLY FOR K-12 FOOD SERVICE AND ARE DIFFERENT FROM THE VERSION YOU FIND IN GROCERY STORES.

EXAMPLE: RICE KRISPIES TREAT

Grocery Store:
Rice Krispies Treat Original

Nutrition Facts	
1 servings per container	
Serving size	1 Bar (60g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 46g	17%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 2g	
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Jeffco/Smart Snack Compliant:
Rice Krispies Treat Whole Grain

Nutrition Facts	
1 servings per container	
Serving size	1 Bar (40g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 2g	
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Toasted rice cereal, rice, sugar, salt, malt flavor, niacinamide, reduced iron, vitamin B2 [riboflavin], folic acid), corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, gelatin, natural and artificial flavors (contains milk), salt, DATEM, acetylated monoglycerides, soy lecithin, BHT for freshness.

Whole grain brown rice, corn syrup, fructose, vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, corn syrup solids. Contains 2% or less of vegetable glycerin, dextrose, salt, gelatin, natural and artificial flavors (contains milk), DATEM, acetylated monoglycerides, reduced iron, vitamin B1 (thiamin hydrochloride), niacinamide, vitamin B6 (pyridoxine hydrochloride), folic acid, calcium pantothenate, soy lecithin, BHT for freshness.

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A LA CARTE RESTRICTIONS

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We understand that every family we serve has different needs, so we want to ensure that we put **the power of choice in our families hands**. Parents may limit a la carte purchases by going to [School Cafe](#) or by submitting the [A la Carte Restriction Form](#).

A la carte restrictions must be updated each school year.

Please note that Special Instructions will be used only by District Dietitian to note special diet needs and documented meal modifications.

To place restrictions using School Cafe, follow these steps:

1. Log in to [School Cafe](#) account
2. Go to your Student's profile and click Purchase Restrictions
3. Enter restrictions you'd like to place on account
 - a. Check off the days you **do not** want your student to purchase a la carte items by cash or debit (using money in meal account).
 - b. Enter number of a la carte items that student can purchase each day.



Please go to School Cafe to enter restrictions or return this form to the kitchen manager at your student's school.

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A LA CARTE RESTRICTION FORM

**Do not complete if no a la carte limitations are needed.*
Reminder: A la carte restrictions must be updated each school year*

Student Name (please print) _____

Student ID Number _____ School _____

If you would like to limit the number of a la carte items purchased please fill out the following:

Limit up to _____ (#) a la carte items per day.

If you would like to only have your student purchase a la carte items on certain days please fill out the following:

- Please note, putting an X on a day means that they cannot purchase items that day.
- Please check days that you DO NOT want your child to purchase a la carte.

Do NOT allow purchases from meal account on the following days:

Monday Tuesday Wednesday Thursday Friday

Do NOT allow CASH purchases on the following days:

Monday Tuesday Wednesday Thursday Friday

Parent or Guardian Signature

Date