

ELEMENTARY SNACK PROGRAM



The cafeteria offers a variety of healthier snacks to complement your child's meal. These snacks are in-line with the district's standards in the "Wellness Policy."

The goal is to create a healthy school environment and to offer snacks that ensure students are only offered tasty and nutritious foods during the school day.

Below, please find a list of the snacks offered in your elementary school. Many of these snacks are reformulated versions of some of the students' favorite treats. (Shh...don't tell your kids!)



Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

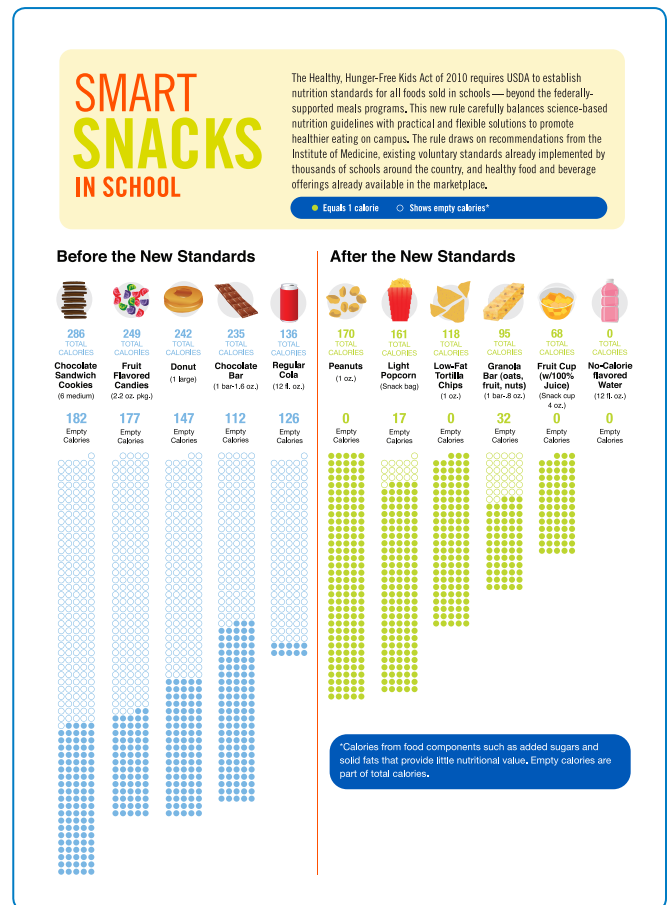
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; 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; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (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



*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
 - 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.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:
<http://www.regulations.gov>

Comment by Mail:
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WEST MILFORD ELEMENTARY SNACK OPTIONS

Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Carbohydrates(g)	Sugar(g)	Sodium
Cheez-It W/G Original	0.75oz	100	3.5g	1.0g	14.0g	0g	150mg
David's W/G Candy Cookie	1.85oz	190	6.0g	2.0g	32.0g	16.0g	150mg
David's W/G Chocolate Brownie Cookie	1.85oz	190	7.0g	2.0g	31.0g	15.0g	170mg
David's W/G Chocolate Chip Cookie	1.85oz	200	7.0g	2.0g	33.0g	17.0g	160mg
David's W/G Oatmeal Raisin Cookie	1.85oz	190	6.0g	1.5g	33.0g	16.0g	120mg
David's W/G Sugar Cookie	1.85oz	200	7.0g	2.0g	33.0g	16.0g	160mg
Frito Lay's Baked BBQ Potato Chips	0.875oz	110	3.0g	0g	19.0g	3.0g	140mg
Frito Lay's Baked Original Potato Chips	0.875oz	110	3.0g	0g	19.0g	2.0g	140mg
Frito Lay's Baked Sour Cream and Onion Potato Chips	0.875oz	110	3.0g	0g	19.0g	2.0g	150mg
Frito Lay's Cheetos RF Flamin' Hot Baked Crunchy	0.875oz	120	4.5g	0.5g	16.0g	<1.0g	200mg
Frito Lay's Cheetos RF Oven Baked Crunchy Cheese	0.875oz	120	4.5g	1.0g	16.0g	1.0g	200mg
Frito Lay's Cheetos RF Puffs	0.7oz	90	3.5g	0g	13.0g	<1.0g	140mg
Frito Lay's RF Dorito Cool Ranch	1oz	130	5.0g	0.5g	20.0g	<1.0g	180mg
Frito Lay's RF Doritos, Nacho	1oz	130	5.0g	1.0g	20.0g	<1.0g	200mg
Frito Lay's RF Doritos, Spicy Sweet Chili	1oz	130	5.0g	0.5g	20.0g	<1.0g	200mg
Frito Lay's Rold Gold Heartzels	0.7oz	80	1.0g	0g	16.0g	<1.0g	200mg
Frito Lay's Ruffles Baked Cheddar & Sour Cream	.8oz	100	2.5g	0g	17.0g	2.0g	200mg
Frito Lay's Smart Food, RF White Cheddar Popcorn	0.5oz	70	2.5g	0g	9.0g	<1.0g	100mg
Frito Lay's SunChips, Snack Mix	0.875oz	110	4.0g	0g	17.0g	1.0g	170mg
General Mills Chex Mix, Cheddar	0.92oz	110	3.0g	1.0g	20.0g	4.0g	125mg
General Mills Cinnamon Toast Crunch Cereal Bar	1.42OZ	150	4.0g	0g	30.0g	9.0g	115mg
General Mills Coco Puffs Cereal Bar	1.42oz	150	3.0g	0g	30.0g	9.0g	100mg
General Mills Trix Cereal Bar	1.42oz	150	4.0g	1.0g	30.0g	9.0g	100mg
Indiana Popcorn	29g	130	5.0g	0.5g	20.0g	5.0g	140mg
Keebler Graham Cracker Honey Square	22g	90	2.5g	0g	17.0g	4.0g	95mg
Keebler Gripz Graham Crackers	25g	110	3.5g	1.0g	19.0g	5.0g	80mg
Kellogg's Nutri Grain, Apple	1.55oz	150	3.5g	0.5g	30.0g	14.0g	135mg
Kellogg's Nutri Grain, Blueberry	1.55oz	150	3.5g	0.5g	30.0g	13.0g	135mg
Kellogg's Nutri Grain, Strawberry	1.55oz	150	3.5g	0.5g	30.0g	13.0g	150mg
Kellogg's Pop Tart, W/G Cinnamon	48g	170	3.0g	1.0g	36.0g	15g	190mg
Kellogg's Pop Tart, W/G Fudge	48g	170	3.0g	1.0g	36.0g	15.0g	190mg
Kellogg's Pop Tart, W/G Strawberry	48g	170	2.5g	1.0g	36.0g	14.0g	180mg
Kellogg's Rice Krispies Treats W/G	40g	160	4.0g	1.0g	30.0g	11.0g	140mg
Munchie Mix	0.875oz	110	3.5g	0g	17.0g	2.0g	180mg
Pepperidge Farm Cheddar Goldfish WG	0.75oz	100	4g	0.5g	14.0g	0g	170mg
SuperPretzel W/G Pretzel Nuggets	14g	30	0g	0g	7.0g	0g	21mg
Welch's Fruit Snacks, Berries & Cherries	44g	130	0g	0g	32.0g	15.0g	15mg
Welch's Fruit Snacks, Mixed Fruit	44g	130	0g	0g	32.0g	15.0g	15mg





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.