Jeffco Food and Nutrition Services (FNS) offers a la carte offerings daily to our students. A la Carte include single items offered in addition to or separate from the reimbursable meal such as: bottled beverages, milk, extra entrees, snack items, etc.

We support each family’s decision to allow or not allow their child(ren) to purchase additional a la carte items. If you choose to limit your child’s purchase of a la carte, these choices can be made online using your School Café account at [www.schoolcafe.com/JeffcoSD](http://www.schoolcafe.com/JeffcoSD) or by using this form.

All items sold a la carte must meet all Federal regulations regarding nutritional standards. Snack items must be whole grain or the 1st ingredient must be a fruit, vegetable, dairy or protein food and must meet the standards below:

- **Calories**
  - Snacks: less than or equal to 200 calories
  - Entrées: 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)

**Do not complete if no a la carte limitations are needed.**

Student name (please print) ___________________________________________

Student ID Number _________________ Student School _____________________________

May use his/her student meal account for a la carte purchases with the following limits:

Limit to ________(#) a la carte items per day  or

Do NOT allow CASH purchases on the following days:

- □ Monday  □ Tuesday  □ Wednesday  □ Thursday  □ Friday

Do NOT allow DEBIT purchases (from lunch account) on the following days:

- □ Monday  □ Tuesday  □ Wednesday  □ Thursday  □ Friday

Special Instructions (different from the list above, please list below):

______________________________________________________________________________

Parent or Guardian Signature ___________________________ Date ___________________________

Please return to your Cafeteria manager