

GUIDELINES FOR A LA CARTE

ELEMENTARY (K-6)

A la carte meals will not be available to elementary schools during lunch hours. Meals will be sold as balanced meals. Elementary schools may approve selling a few items in addition to the pattern meal or to supplement meals brought from home such as milk, 100% juice, water, raisins, nutri-grain bars, baked chips, pretzels, muffins, fruit, yogurt or cookies.

Portion sizes will not exceed the serving size of food served in the National School Lunch Program and/or items will be packaged in single serving sizes not exceeding the portion guidelines listed. (see portion guidelines).

A minimum of one fruit or one vegetable will be offered daily when selling additional food items a la carte. For example, if cookies are sold, fruit should also be sold as an alternative.

No foods on site will be deep-fried. This does not include stir-fried or sautéed foods.

Beverages

- All milk choices including chocolate and strawberry. Lowfat white or lowfat flavored milk **MUST** be served as the primary milk rather than a whole fat milk. Nutritionally-equivalent nondairy beverages can be available for (such as fortified soy milk).
- Fruit beverages must be 100% fruit juice without added sweeteners (see added sugar) - 12 oz portions or less.
- **NOT ALLOWED:** Sodas, iced teas, fruit beverages other than 100% juice or beverages containing caffeine (excluding chocolate milk which contains trivial amounts)

Food Items Sold Individually

- The same portion size of any food item served that day in the National School Lunch Program
- Meals for K-6 should be sold as balanced meals. Additional items can be sold to supplement school meals or meals brought from home.
- Individual items served during snack breaks or in addition to the meal should promote healthy eating in appropriate portion sizes as listed under secondary school guidance. Where AAFES sells retail food items, nutritious options will also be available such as fruits and vegetables. Other alternatives may include graham crackers, animal crackers, baked chips, bagels, fruit, vegetables, milk, yogurt, or cheese.

SECONDARY (7-12)

Beverages

- All milk choices, any size \leq 360 calories. Lowfat or skim white or flavored varieties will be the primary milk served rather than whole fat milk. Nutritionally-equivalent nondairy beverages can be sold (such as fortified soy milk).
- Fruit based beverages must contain at least 50% fruit/vegetable juice with no added sweeteners, \leq 16 ounces.
- Sports beverages 20 oz or less with less than 42 grams added sugar
- Water – any size without added caloric sweeteners. Non caloric flavored water such as Fruit H₂O is allowed.
- NOT ALLOWED: Sodas, iced teas, fruit drinks with <50% fruit juice. Beverage portions >16 oz except milk and sports beverages as described above.

Food Items

- The same portion size of any food item served in the National School Lunch Program can be served a la carte
- Choice of at least two fruit and/or non-fried vegetables per day (could be one fruit and one vegetable or two fruits). One fresh fruit should be offered daily where available. Other items could include, but are not limited to, fresh fruits and vegetables, fruit-based drinks at least 50% fruit juice without caloric sweeteners; cooked, dried or canned fruits; and cooked, dried or canned vegetables.
- Where whole grains are available, offer at least one whole grain daily. (see Whole Grain”) list. Examples might include graham crackers, whole grain cereals, whole wheat bread, whole grain bagels or whole grain tortillas. Consider making a daily sandwich using a whole grain bread product.
- Schools should not serve food items containing more than 23 grams of fat per serving size more than twice per week.
- 50% OF FOOD ITEMS SOLD INDIVIDUALLY MUST MEET THE FOLLOWING GUIDELINES:
 - Except for entrees, food items such as desserts or snack items will have no more than 300 calories
 - No more than 35% of calories from fat. To determine: divide calories from fat by total calories and multiply by 100.
 - No more than 10% of calories from saturated fat . To determine: divide calories from saturated fat by the total calories and multiply by 100. If calories from saturated fat are not available, multiply grams saturated fat by 9 to get calories from saturated fat.
 - No more than 35% added sugar by weight (except fruits, vegetables and dairy). To determine: divide grams of sugar by grams weight of the product and multiply by 100.
 - Does not have added sugar as the first ingredient (see “Added Sugar”)
 - Sold in Portion sizes limited as below

PORTION SIZES

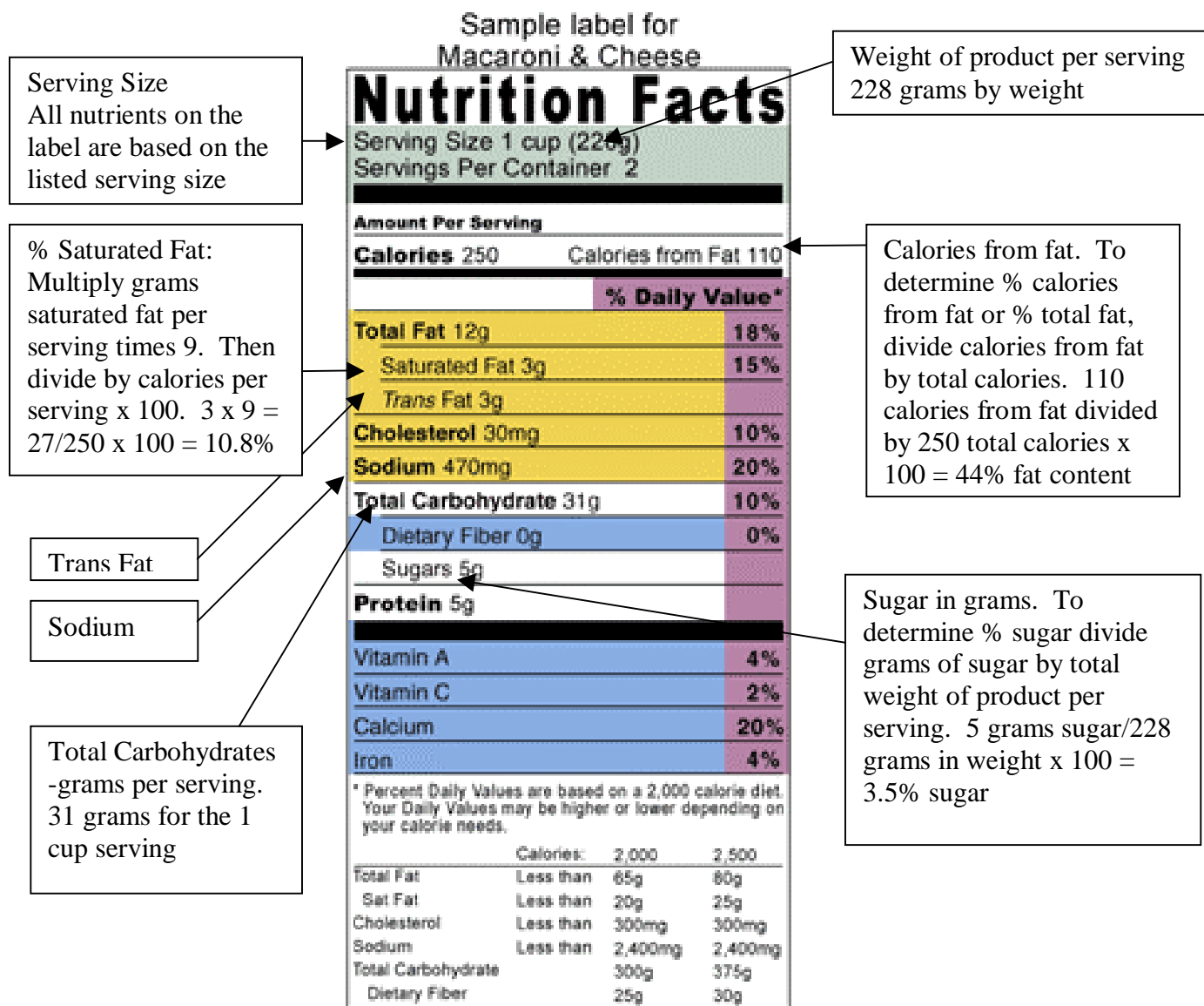
Students will not be given a discounts or perceived cost savings by buying in bulk or to “supersize” food items except for healthy alternatives like fruits, whole grains, lowfat dairy and non-fried vegetables. The dietitian will assess nutritional value of food for possible discounts/supersize quantity promotions. For example, each item will be priced and charged accordingly. Pricing will not be “1 cookie for .50, but 3 for 1.25”. This encourages buying and consuming larger portions of snack food items.

Maximum Portion Sizes for A La Carte		
Food Item	K-6	7-12
Chips (Regular)	1.5 oz	1.75 oz
Baked Chips, Lowfat Chips, Crackers, Popcorn (Candy Coated Popcorn not allowed) , Dried Fruits, Pretzels, Beef Jerky, Trail Mix (no nuts)	1.5 oz	1.75 oz
French Fries and other Fried Potatoes (except chips as above) that are deep fried.	Frying Not allowed	3 oz
Baked Potato products that have not been pre-fried, flash-fried or deep fat-fried in any way	Unrestricted	Unrestricted
Cookies/Cereal Bars, Packaged Cereal	2 oz	2 oz
Pastries/Muffins//Bagels	3 oz	3 oz
Frozen Desserts - Ice Cream, Pudding Bar	4 oz	4 oz
Yogurt	8 oz	8 oz
Yogurt Smoothies	12 oz	12 oz
Frozen Fruit Slush – must contain 50% fruit juice	6 oz	6 oz
Whole Milk	8 oz	8 oz
Flavored Lowfat Milk Lowfat Milk	16 oz	16 oz
Fruit Drinks (50% fruit juice minimum and no additional caloric sweeteners added)	Only 100% juice – 12 oz	16 oz
Unflavored Water, No Carbonation	No limit	No limit
Non-Caloric Flavored Water, no carbonation	Not Allowed	16 oz
Sports Drinks like Gatorade– no more than 42 grams added sweetener per 20 oz serving	Not Allowed	20 oz
Energy Drinks like Red Bull or beverages that contain caffeine (except chocolate milk)	Not Allowed	Not Allowed
Sweet Iced Teas, Snapples, Fruit Drinks <50% fruit juice	Not Allowed	Not Allowed

Vending – Vending will not be available to students during mealtimes where the School Meal Program is served in the cafeteria. Where AAFES provides vending in a school, it will not be available to students during meal time, and will contain some healthy

alternatives to typical snack foods. Carbonated beverages will not be available in vending. Specific guidance must be sought from Staff Dietitian, HQ, AAFES.

Components of a Food Label



FRUIT JUICE

If acquiring fruit beverages locally, try to acquire 100% fruit juice and avoid the added sugars (see list “added sugar”) found in fruit drinks, punches, fruit cocktail drinks, and lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape and pear juices. Many beverages like Capri Sun, V8 Splash, Tropicana Twisters, Sunny Delight, Hi-C, Kool-Aid Jammers or juice drinks from Very Fine, Welch’s or Snapple are easily mistaken for juice (look for 100% fruit juice). However, those beverages are more like soda than juice – they are merely sugar water with a few tablespoons of added juice.

ADDED SUGAR

Sugar goes by many names. Ingredient labels may list sugar in these ways:

Corn Syrup	High Fructose Corn Syrup
Corn Sweetener	Brown Sugar
Honey	Sugar
Invert Sugar	Raw Sugar
Molasses	Natural Sweeteners
Malto-dextrin	Malt Syrup
Syrup	Sucrose
*Ingredients ending in "ose" - fructose, glucose, lactose, maltose. Naturally occurring so may not show up on food ingredient list unless added.	

TRANS FATTY ACIDS (TRANS FATS)

Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans-fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods and margarine. Trans-fatty acids are present in foods that come from animals like meat of dairy products. As of January 2006, food labels must list trans fat.

WHOLE GRAINS

A whole grain food is one labeled with the whole grain as first ingredient. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain ingredients are:

Whole Wheat Flour	Whole Grain Barley
Whole Oats/Oatmeal	Wild Rice
Cracked/Crushed Wheat	Buckwheat
Graham Flour	Old Fashioned Oatmeal
Quick Cooking Oats	Triticale
Cornmeal	Millet
Whole Grain Corn	Bulgur
Popcorn	Sorghum
Brown Rice	Quinoa
Whole Rye	Spelt
Generally, if the first ingredient is "fortified" or "enriched" it is probably not a whole grain. These items are generally NOT whole grains:	
Unbleached Flour	Organic, Unbleached Flour
Wheat Flour	Enriched Flour
Semolina	Degerminated (cornmeal)
Durum Wheat	Multigrain

A La Carte/Retail Suggestions

Note: All food items served as part of the USDA School Lunch or Breakfast Program can be sold a la carte using portions served for school lunch program. For example, pizza dippers, chicken drummies, macaroni & cheese or other popular menu items can also be sold a la carte.

CRC#s	
	Plain Bottled Water
	Non-caloric Flavored Water, 16 oz or less ie Fruit ² O
2435600 9802687 2440311	100% Fruit and Vegetable Juices, 16 oz or less (K-6 use 6.75 oz size)
1561044 1561166	100% fruit juice, 6.75 oz boxes (recommended size for elementary)
1561288 1243617 7361991	Capri Sun 100% Juice
	Gatorade <20 oz
	Lowfat Milk or Skim Milk– all flavors
	Meat and Cheese Deli Sandwich/Wraps, Hoagies, Tuna Salad Sandwich or Cheese Sandwich (consider some whole wheat bread)
	Tuna or Chicken Salad with Crackers (pre-packaged varieties)
Bakery	Bagels. Bagel sandwiches or yogurt and bagel combination
	Garden Salad or Salad with Boiled Egg , Ham, Cheese, Tuna or Turkey (Side Salad Size Recommended)
Local	Baked Potatoes Plain or with toppings such as cheese or 2 oz chili
1566253	Baked Fries – ovenable type lower fat 3 oz portion
1521953	Baked Egg Rolls
	Soups – can use Robin Hood Soups
1521972	Soft Pretzels
Bakery	Tortillas – can use for wrap sandwiches
Bakery	English Muffins – Egg & Cheese Sandwich
	Lowfat or Nonfat Salad Dressings for Salads and Sandwiches
3649849 1468894	Baked Chips, Sun Chips, Crackers or Pretzels
5709274	Saltine Crackers for Salads and Soups
8244375 4430500 1468890	Graham Crackers/Elf Grahams/Baked Crackers, Cinnamania Cinnamon Bun Crackers
2082006	Animal Crackers or other reduced fat crackers like Wheat Thins
1528388	Breakfast Apple Strudel
2441939 2442119	Pudding Cups – use bulk portioned into cups or pre-packaged
3794609 2812014 5528216	Beef Jerky
Local	Fresh Vegetable Sticks/Slices – Carrots, celery, cucumber, broccoli
	Canned, dried or frozen vegetables

601558 6447163 9721770 4148797	Fresh Fruit – consider seasonal. Create fruit cups. Canned Fruit - Use bulk of Individual cans or canned fruit Raisins or other dried fruit. Yogurt raisins
Local	Lowfat Yogurt or Yogurt Smoothies
1524332	1.8 oz Otis Spunkmeyer Muffin
0900332, 6906192, 5497124,	Cereal or Granola Bars like Nutri-Grain bars or Quaker chewy bars
Local	Lowfat Cottage Cheese with Fruit
2455706	Large Pickles
1562150	Rotini Pasta or other varieties (serve with sauce)
	Breadsticks with Pizza Sauce
	Sherbet or orange push up. Frozen fruit juice bars (> 50% juice)
	Individual cereals
	Sunflower Seeds, Trail Mix (watch for nuts)– fat content does not apply to nuts, seeds or nut butters

Other A La Carte Items that Meet Portion Requirements
(Only 50% of items sold on any one day can be >35% sugar or fat)

CRC#	
8132342	Mini Fudge Stripes 1.5 oz
6932743	Keebler Cheez-Its 1.1 oz
3915999	S/S Ritz Bits PB Sandwich, 1.5 oz
5933978	S/S Cheese Ritz Bits, 1.5 oz
2504009, 2505006	Cup of Noodle Soups (high in sodium)
7589757 1579259 2902672	Gatorade ≤20 oz
0901736, 7931157, 6713200	Pop-Tarts
0955507	Spunkies limited to 6 per serving (2 oz limit)
8829306	Chips, Lays BBQ 1.5 oz
3381837	Chips, Lays Reg 1.5 oz
2867315 0965004	Cookies, Otis Spunkmeyer or Pillsbury <2 oz portions on cookie
	Fruit Roll-Ups
1566384 1565615	Ice Cream Cup 4 oz
	Jello with Fruit
2615276	Rice Krispie Treat
	Nachos with Cheese

FOODS OF MINIMAL NUTRITIONAL VALUE

Federal guidelines prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

RESTRICTED FOODS:

1. Soda Water/Carbonated Beverages
2. Water/Flavored Ices: Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice (must have at least 50% fruit juice)
3. Chewing Gum.
4. Certain candies:
 - a. Hard Candy – product made predominately from sugar and corn syrup and has a hard, brittle texture to include sour balls, lollipops, candy sticks, mints, jawbreakers, sugar wafers, rock candy, breath mints and cough drops.
 - b. Jellies and Gums such as gum drops or fruit-flavored slices
 - c. Marshmallow candies
 - d. Fondant: Such as candy corn or soft mints
 - e. Licorice
 - f. Spun Candy like cotton candy
 - g. Candy Coated Popcorn