



# Smart & SNACK Meals

St. Charles Elementary Schools

Smart Snacks and Beverages will be offered at participating elementary schools. If you do not wish for your student to participate please call your school cafeteria. A rotating variety of the following snacks will be offered daily.

## Nutrition Standards for Foods

As of July 2014, schools are required to meet new USDA nutrition regulations for a la carte foods and beverages. All of our a la carte snacks and beverages will:

- (1) meet all of the proposed competitive food nutrient standards; and
- (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\**pr*
- (3) have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); *or*
- (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., 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: ≤ 200 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

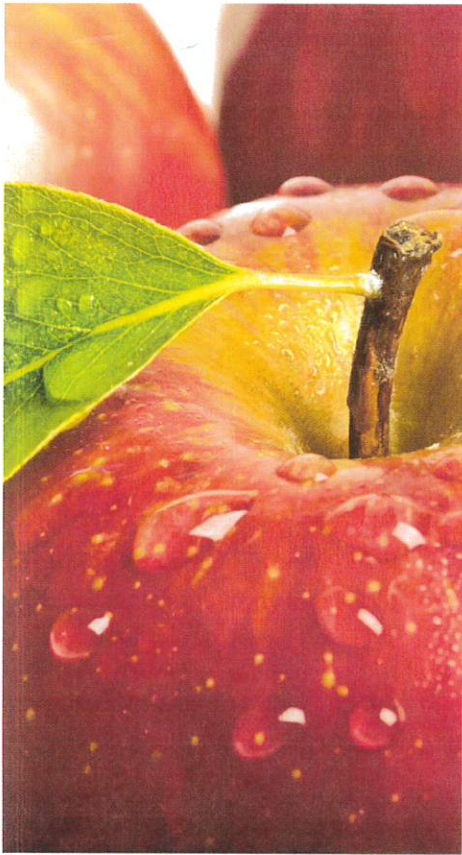
Breakfast Paid Meal	\$1.95
Breakfast Reduced Meal	\$.30
Breakfast Adult Regular Meal	\$2.55
Lunch Paid Meal	\$2.95
Lunch Reduced Meal	\$.40
Lunch Adult Meal	\$3.95
Entrée Only	\$2.75

Reduced Fat Cookie 1 oz Variety	\$.45
Mini Rice Krispy Treat	\$.45
Reduced Fat Cookie 1.5 oz Variety	\$.65
Goldfish Crackers	\$.65
Bug Bites & Scooby Doo Stix	\$.65
String Cheese	\$.65
Crazy Fruit Roll Up	\$.95
4 oz Yogurt Cup	\$.95
Frozen Fruit Swirl Cup	\$.95
Ice Cream Cup	\$1.05
Scooby Doo Fruit Snacks	\$1.05
Side Choices (breads, vegetables, fruit)	\$1.05
Variety Reduced Fat 1 oz Chips	\$1.05
Variety Cereal Bar or Granola Bar	\$1.20
Variety Muffins (choc, banana, blueberry)	\$1.20
Poptart-Cinnamon, Fudge or Strawberry	\$1.30
Baked Lays & Kettle Chips 1.125oz, 1.375oz	\$1.40
Nutri Grain Bar	\$1.40

Milk or 4 oz 100% Juice	\$.65
Small Bottled Water	\$.95
Capri Sun 100% Juice	\$1.30

chartwells  
serving up happy & healthy

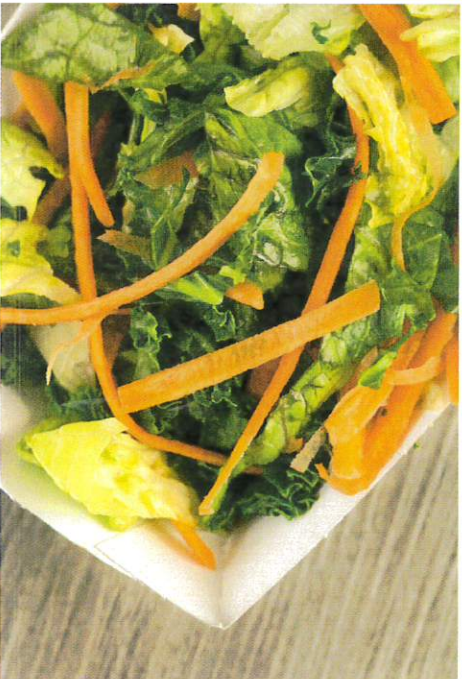
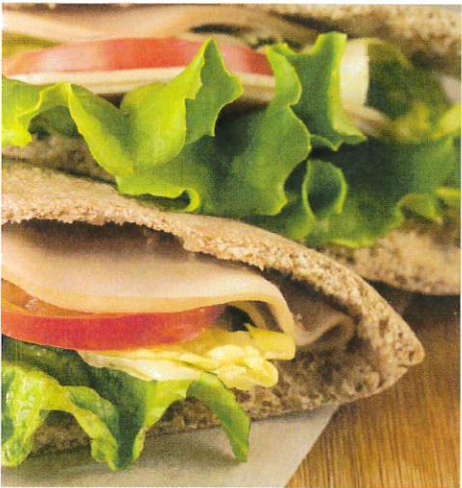
School Foodservice Director  
Shirley Derby, FMP  
Office: 636-443-4016  
Email: sderby@stcharlessd.org



# New Easy-to-Access School Menus

School menus that are innovative, vibrant and accessible!

The way we access our school menus has changed in an exciting new way! City of St Charles School District, in partnership with Chartwells K12, is now using Nutrislice to publish the school menus to a new interactive website and a free smartphone app! Now you can access our menus anytime, anywhere!



## Now you can also:

- ▶ **See** more information about menu items, including a photo and description
- ▶ **Filter** common food allergens like nuts, wheat and dairy
- ▶ **Translate** your menus into a number of different languages
- ▶ **Access** nutrition information like carb counts and calories with just a few clicks!
- ▶ **Print** a PDF version of the menus directly from the website, if you prefer

Access Nutrislice online or download our free app!



presented by



## New Easy-to-Access School Menus

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<http://stcharles.nutrislice.com/>

### Get started!

Locate the website by typing in the URL above OR you may click the link located on the Food Services page of the City of St Charles School District website, <http://www.stcharlessd.org>.

If you prefer to use the smartphone app, download School Lunch by Nutrislice from Google Play for Androids or the App Store for iPhones.

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### Using the website:

1. Select the grade level of your school.
  2. Select the school menu you wish to view.
  3. Once within the site, you will see the menu is interactive.
  4. If you hover over a food, you will be able to see an image and a description.
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### Using the app:

1. Select your state, followed by your school district.
  2. Select the grade level, school, and then the school menu you wish to view.
  3. Once within the menu, you will be defaulted to the current day. You can select a food to find its description.
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### Questions?

Shirley Derby 636-443-4016  
Chef Dana Frank 636-443-4014

