



Colorado Springs School District #11

Food & Nutrition Services
A La Carte Snack/Beverage Criteria
August 2017



Our rationale:

In CSSD11, we strive to offer nutritious and delicious food items that will not only provide the essential nutrients to enable students to be successful in school, but also to provide meals that students enjoy in an environment that promotes healthy lifestyle choices.

With obesity among children and adolescents on the rise, the school environment plays an important role in modeling healthy behaviors in order for children to learn how to make better choices. The 2010 Dietary Guidelines for Americans states in general, Americans consume too many calories, too much saturated and trans-fats, too much added sugars and salt.

Why does this matter? Diet is a known risk factor for developing chronic diseases such as heart disease, diabetes, cancer and hypertension. Research has shown that heart disease is a process that starts in childhood and becomes evident in the adult years. **One of the most well-known preventative measures for heart diseases is eating a low fat diet, rich in fruits, vegetables, and whole grains.**

Recent studies in America done to track the A la Carte food items most frequently purchased revealed that American students generally ate less vegetables and fruit and chose items higher in fat and sugar than those who ate the standard school lunch. This emphasizes the need for both “reduced a la carte options” and healthier a la carte choices, using the nutrient standards attached. All A la Carte food options meet stricter USDA Smart Snack rules. D-11 students who have eaten a “school meal” may go back through the Offering Bar for a clean plate and additional servings of fruits, vegetables, and salads if they are still hungry after eating their meal.

Research also indicates that Americans are consuming foods that are higher in calories, fat and added sugars while leading sedentary life styles. Unfortunately eating foods high in calories and fat with limited physical activity is the perfect equation for weight gain. Eating only 100 more calories per day than the body needs can lead to 10 pound weight gain in one year. This can add up quickly when consuming foods that are high in calories, fat and sugar and void of the essential nutrients needed to carry out the vital functions in the body.

Unintended weight gain or weight gain that occurs too quickly can be detrimental to a person’s overall health and lead to diseases like Type 2 diabetes. Obesity is a risk factor for Type 2 diabetes, and Type 2 diabetes increases the risks of developing other chronic diseases because of the widespread affects on the body. Preventing weight gain and promoting weight management through smarter food choices and physical activity is an important tool that we want all children to learn.

It is our responsibility as leaders to provide healthier food options, to teach students the components of a healthy diet and how to make “smarter” food choices, and the importance of being physically active in activities they enjoy in order to enjoy vibrant health and become healthy, successful adults that will lead our future.

~ The Management of CSSD11 Food & Nutrition Services



CSSD11 Middle Schools and High Schools which sell "A la Carte" snacks in the cafeteria will comply exclusively with these guidelines.

CSSD11 Elementary Schools will not sell snacks "A la Carte" except in some schools for milk, 100% juice, bottled water, and fresh fruit and vegetables.

	High School	Middle School
A la Carte BEVERAGES per serving		
100% Fruit and/or Vegetable Juice Content	No added sweeteners ≤ 12oz serving ≤ 120 cal per 8 oz (180 cal for 12oz.)	No added sweeteners ≤ 10 oz serving ≤ 120 cal per 8 oz (150 cal for 10oz.)
Other Beverages* (i.e., unsweetened or diet teas, low calorie sport drinks, fitness waters, flavored waters, seltzers, and coffees) *At least 50% of non-milk beverage options must be water and no or low-calorie options.	<u>≤12oz serving must:</u> <ul style="list-style-type: none"> Contain ≤40 calories per 8 ounces or ≤60 calories per 12 ounces <u>≤ 20oz serving must:</u> <ul style="list-style-type: none"> Contain ≤5 calories per 8 ounces or ≤10 calories per 20 ounces NO diet soda is permitted	Not Available
Milk: 1% and non-fat (including flavored)	≤ 12 oz serving ≤ 150 cal per 8 oz (180 cal for 12oz.) NO High Fructose Corn Syrup	≤ 10 oz serving ≤150 cal per 8 oz (188 cal for 10oz.) NO High Fructose Corn Syrup
Bottled Water (flavored only in HS)	Plain Water or Plain Carbonated	Plain Water or Plain Carbonated
A la Carte FOOD ITEMS per serving		
<ul style="list-style-type: none"> 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 fruit and/or vegetable; or Contain 10% of the Daily Value (DV) of nutrients for calcium, potassium, vitamin D, or dietary fiber. 		
Total Calories	≤ 200 for snack, ≤ 350 for entree	
Fat Content (excluding nuts and seeds)	No more than 35% calories from total fat	
Saturated Fat	No more than 10% calories from saturated fat	
Zero Trans Fat	0 grams	
NO MSG, NO Artificial Dyes	NONE. Zero means ZERO.	
Sodium Content	≤230mg for snack, ≤ 480mg for entree	
Sugar Content (excluding all fruits and vegetables)	≤ 35% calories from total sugar	
Fresh Fruit and/or Vegetables	Unlimited	

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79.

These standards were developed from USDA Smart Snacks and Competitive Foods Guide, June 2014.