

The USDA recently published the Competitive Foods Interim Final Rule. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, encourages schools to offer healthier snack foods to children, while limiting junk foods. The terms “competitive foods”, “smart snacks” and “a la carte” can all be used interchangeably. Below you will find the a la carte items for Carmel Central School District, all of which meet the USDA standards.

Animal Crackers	\$.40	Rice Krispie Treats	\$1.00
String Cheese	\$.60	Grandma’s WG Cookies	\$1.00
Fresh Fruit	\$.65	Ice Cream Cup	\$1.15
Goldfish	\$.90	Sherbet Cup	\$1.25
Fruit Snacks 100%	\$.90	Kellogg’s Nutrigrain Bar	\$1.25
Reduced Fat Cheetos .78 oz.	\$.90	Italian Ice Cup	\$1.40
Oven Baked Lay’s .875 oz.	\$.90	Benefit Bars	\$2.00

The *Smart Snacks in School Standards* are as follows:

- Any snacks 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)
- Snacks must also meet several nutrient requirements:
 - Calorie limits: ≤200 calories
 - Sodium limits: ≤200 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

Beverages are held to their own USDA standards and different grade levels have different guidelines they must meet. Below you will find the variety of beverages sold within the Carmel Central School District and which beverages are sold throughout the different schools.

Skim Milk, 1% Unflavored, or Fat Free Chocolate Milk	\$.50	Sold in All Schools
Bottled Water 8 oz.	\$.75	Sold in All Schools
Apple & Eve Juice 6.75 oz. Carton	\$.90	Sold in All Schools
Bottled Water 16.9 oz.	\$1.25	Sold in All Schools
Switch Juice 8oz.	\$1.75	Middle & High School
Propel Zero 16.9 oz.	\$1.75	High School
G-2 12 oz.	\$2.00	High School
Pure Leaf Diet Teas 20 oz.	\$2.25	High School
Powerade 20 oz.	\$2.25	High School

The Nutrition Standards for Beverages are as follows:

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk; unflavored or flavored fat free milk
 - 100% fruit or vegetable juice (up to 8 oz. in elementary schools , 12 oz. in middle & high schools)
- High Schools may sell:
 - Up to 20 oz. portions of calorie-free, flavored water
 - Up to 20 oz. portions of 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 oz. portions of beverages with ≤ 40 calories per 8 fluid ounces or ≤ 60 calories per 12 fluid ounces

Please feel free to call the Carmel Schools Food Services Office at (845) 878-2094, extension 255, with any questions or comments. Thank you!