

Charlotte County Public Schools
Champ's Cafe
Food & Nutrition Services Department

Nutrition Guidelines for A-la-Carte Foods
School Year 2011-2012



Studies indicate that obesity among children and teens is on the rise due to the lack of regular physical activity and poor nutrition choices. In addition to helping our students develop healthy eating habits for a lifetime, another goal of the staff of **Champ's Cafe** is to serve food and beverages that taste good but first meet high nutritional standards. Controlling portion sizes for the various age levels: preK, elementary, middle and high school, is a critical element to healthy eating.

While the **Department of Agriculture** sets the standards for foods sold to students in the National School Lunch and Breakfast Programs, each school district currently develops their own guidelines for additional foods and beverages that are sold to students ala carte, or as extras, during the school day. The nutrition guidelines listed below were developed by the **Champ's Café** Food & Nutrition Services Department of Charlotte County Public Schools in accordance with the **School Board of Charlotte County's Wellness Policy**. The district's Wellness Policy states that nutritious and healthy shall mean foods that are high in nutrients and low in added sugars, sodium and fat.

Champ's Café Nutrition Guidelines for Ala Carte Foods and Beverages

incorporate recommendations from the

- ❖ **2010 Dietary Guidelines for Americans,**
- ❖ **American Dietetics Association,**
- ❖ **American School Nutrition Association,**
- ❖ **American Beverage Association,**
- ❖ **Alliance for a Healthier Generation,**
- ❖ **American Institute of Medicine.**

Champ's Café Nutrition Guidelines for Ala Carte Foods:

All foods selected for ala carte sale to student customers are evaluated using the criteria below:

- ❖ 35% or fewer of the total calories from fat
- ❖ 10% or fewer of the total calories from saturated fat
- ❖ Zero trans fats
- ❖ 35% or less of the total weight from added sugars
- ❖ Less than **230*** mg of sodium (some exceptions include low-fat dairy foods)

Champ's Café Nutrition Guidelines for Ala Carte Beverages:

All beverages selected for ala carte sale to student customers are evaluated using criteria below:

- ❖ No carbonated beverages
- ❖ No **sports drinks** at elementary schools
- ❖ Only 100% **fruit juice** with no added sweeteners, up to 8 oz. elementary schools
- ❖ Only 12 oz. **sports drinks, fitness or flavored waters, unsweetened tea/diet tea, 100% juice and light juice** at middle and high schools
- ❖ Only 20 oz. **diet or light sports drinks, fitness or flavored waters, unsweetened tea, tea, 100% juice or light juice** at high schools
- ❖ Only 8 oz. **milk** elementary
- ❖ **Bottled Water**

Exemptions

1. Foods made primarily from fruit are exempt from the 35% sugar by weight standard due to naturally-occurring sugars.
2. Foods made primarily from nuts and cheeses are exempt from the 35% fat standard due to naturally-occurring fats.
3. Foods, like popcorn, that are very low in calories, are exempt. This is because the ratio of calories from sugar or fat to total calories only appears to be high.
4. Any item deemed to be of low or of minimal nutritional value may be rejected by the School Food & Nutrition Services Director, Terri Whitacre, M.S., SNS.
5. **The *Champ's Cafe* Food & Nutrition Services Department will continue to sell the individual food components of the U.S.D.A Reimbursable Meal to students "a-la-carte". While some of these foods may not meet all of the standards above; they meet the USDA standards for school meals when all five required meal components are analyzed as a unit.**