



À LA CARTE



New Standards

School Food Authorities shall limit á la carte foods that do not meet the Nutrition Standards for Idaho School Meals.

The Nutrition Standards for á la carte were created to mirror the standards that are being followed in the National School Lunch Program and Breakfast Program:

- Strive to eliminate foods containing trans fats
- Strive to eliminate pre-fried foods
- Offer whole grains, fruits and vegetables
- Offer low-fat milk choices (1% and skim)
- Offer foods low in sugar, sodium and cholesterol
- Offer foods high in fiber
- Control portions for high-fat condiments or use low-fat condiments

Rationale

School Food Authorities should limit unhealthy á la carte foods to maximize participation in the school meals programs and encourage consumption of balanced, nutritious meals.

Children consume between 19% and 50% of their total calories at school. School meals are required to provide healthful foods and beverages, these guidelines should be followed in the á la carte offerings as well.