
(con't) Á LA CARTE

The Institute of Medicine recommends that the federally reimbursable school nutrition programs be the primary source of foods and beverages offered at a school.

Tips

- Don't compete with school meals programs by offering less nutritious á la carte foods.
- Use your district's wellness policy to set standards for all competitive foods on campus.
- Follow the basic *2005 Dietary Guidelines for Americans* recommendation when choosing á la carte foods by providing whole grains, fruits, vegetables, and low-fat dairy products.
- Offer healthy items at a lower cost than other items.
- Read the Nutrition Facts labels and choose items that fit the new nutrition standards.
- Teach students appropriate portion sizes by offering á la carte items in appropriate serving sizes. Á la carte serving sizes should not be larger than those in school meals.
- Make a shaker salad for students to purchase á la carte with a small amount of pre-portioned low-fat salad dressing.
- Make cut up veggies and low-fat dip available.
- Offer a single serving of prepackaged nuts for a healthful protein boost.



“All food and beverages offered on the school campus shall contribute to an overall healthful eating environment.”
— *Institute of Medicine*