

ALA CARTE AND SNACK PROGRAM

Some District schools meal program will include ala carte or snack items for an extra charge over and above the cost of a breakfast or lunch. The Roseville Area High School has an extensive program. The Roseville Middle School and many of the elementary sites sell small size beverages only.

Please note: Students must have money in their accounts to pay for ala carte snack items. Many school sites have adopted the practice of letting students charge one meal only but all District sites will not serve students snack items if their accounts are in the minus.

How do I restrict my student's purchases?

Simply call your student's school nutrition manager and request that ala carte purchases be blocked.

Some Nutrition Facts About What is Available to Students

- Absolutely no carbonated beverages with high levels of carbohydrates are served.
- Fruit slush is available at RAHS and is 50 to 100% fruit based.
- 100% fruit juices are fruit based with added calcium.
- Snack choices are evaluated for fat content not exceeding 5 grams per serving.
- There is always a variety of fresh fruits and vegetables.
- Ice cream products are selected with as low a fat content as possible.
- Fruit sherbets are 100% fruit based.
- Milk choices include: Skim, Chocolate Skim (22 gm cho), and 1% white.

Ala Carte and Snack Options

Beverages	Cost	Bakery	Cost
Fruit Juices, 4 oz.	.45	Bagel, 4 oz. w/Cr.Cheese	1.60
Orange Juice, 8oz.	.65	Cookie, 1 oz.	.55
Coffee, 8 oz.	1.25	Cookie, 3 oz.	.80
Water, 8 oz.	.50	Donut, 2 oz.	.75
Water, 20 oz.	1.00	Muffin, 3 oz.	1.10
Gatorade, 20 oz.	1.25		
Iced Tea, 20 oz.	1.25		
Propel, 16.9 oz.	1.50		
Fruit and Vegetables	Cost	Entrées	Cost
Fruit/Veg Lg. tray.	1.75	Pizza, Asst.	2.30
Fresh fruit cup	.50	PB&J Sandwich	1.60
French Fries, 6 oz.	1.35	Cheese & Nachos	2.10
Snacks (All Baked Products)	Cost	Dairy	Cost
Cheetos, Potato Chips	.65	Yogurt, 8 oz.	.75
Pretzel	.80	Cheese, string 2 oz.	.60
Pretzel w/ cheese	1.60	Milk, 8 oz.	.50
		Milk, 16 oz.	1.25
		Ice Cream Shake	1.50