

Madison School District follows the established science-based USDA nutrition standards for snack foods and beverages sold to children at school during the school day. These are also known as "a la carte" purchases on meal accounts.



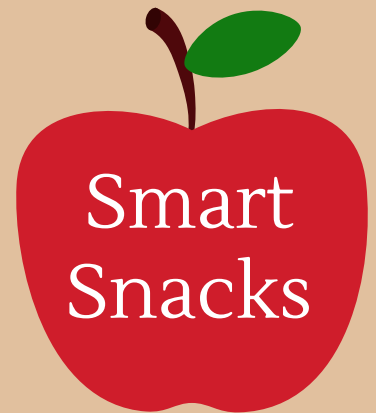
NUTRITION STANDARDS

Any food sold or served at school must:

- Be a "whole grain-rich" grain product (at least 50%); 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 cup of fruit and/or vegetable

Food must also meet certain nutritional requirements:

- Calorie limits:
 - ≤ 200 calories
- Sodium limits:
 - ≤ 200 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: 0 grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods



TITAN ACCOUNT

- Register at <http://family.titank12.com>
- View child's itemized transactions using the Titan Website
- Alert café to set restrictions for purchases
- View and pay balance electronically

SMART SNACK EXAMPLES

- Baked chips
- KIND® bars
- Whole grain graham crackers and pretzels
- Nutri-grain® bars
- Roasted Sunflower seeds

Please note that Smart Snacks offered varies school to school, if offered at all