



**POWAY UNIFIED SCHOOL DISTRICT  
FOOD AND NUTRITION DEPARTMENT**



**ESS SNACKS LIST 2019-20**

**Poway Unified School District Extended Student Services (ESS) Snack Requirements:**

Every ESS snack must include **two (2)** of the five (5) **snack components** in required portion sizes.

No more than one component may be a beverage.

Snack components and required minimums are as follows:

- 1 ounce equivalent **Grain** (whole grain-rich)
- 1 ounce equivalent **Meat/Meat Alternate** (M/MA)
- ¾ cup equivalent **Fruit or 100% Fruit Juice**
- ¾ cup equivalent **Vegetable or 100% Vegetable Juice**
- 8 fluid ounces **Milk** (fat free or 1%)

Item Description	Contribution to Snack Pattern	Case Count	Price per Case
<b>WHOLE GRAINS</b> (all in single-serve packaging):			
Cereal Bowl	1 oz. equiv. Grain	96	\$ 30.00
Cereal Bars	1 oz. equiv. Grain	96	\$ 35.25
Graham Crackers	1 oz. equiv. Grain	150	\$ 38.00
Chex Snack Mix	1 oz. equiv. Grain	60	\$ 26.75
Quaker Munchies Snack Mix	1 oz. equiv. Grain	104	\$ 42.50
“Hartzels” Mini Pretzels	1 oz. equiv. Grain	104	\$ 41.50
Cheez-It Crackers	1 oz. equiv. Grain	175	\$ 44.75
Baked Tostitos Chips	1.25 oz. equiv. Grain	72	\$ 28.75
Reduced Fat Doritos Chips	1.5 oz. equiv. Grain	72	\$ 29.25
Chocolate Chip Cookie (frozen storage)	1 oz. equiv. Grain	140	\$ 49.25
Grandma’s Mini Chocolate Chip Cookies	1 oz. equiv. Grain	80	\$ 31.75
Rice Krispies Treat	1 oz. equiv. Grain	80	\$ 44.50
<b>MEAT/MEAT ALTERNATES</b> (all in single-serve packaging):			
String Cheese, Low Fat Mozzarella (case count varies by availability)	1 oz. equiv. M/MA	96	\$ 29.25
		168	\$ 57.75
Yogurt, Low Fat, 4 oz	1 oz. equiv. M/MA	48	\$ 18.75
<b>FRUITS/FRUIT JUICES:</b>			
Fresh Apple Slices, Individual Pack	½ cup equiv. Fruit	200	\$ 57.50
Whole Apple	½ cup equiv. Fruit	163	\$ 42.00
Whole Banana	½ cup equiv. Fruit	150	\$ 23.50
Whole Orange	½ cup equiv. Fruit	138	\$ 43.50
Raisins, Individual Box	½ cup equiv. Fruit	144	\$ 26.50
Craisins Dried Cranberries, Individual Pouch	½ cup equiv. Fruit	300	\$ 74.50
100% Fruit Juice, 8 fl. oz. carton	1 cup equiv. Fruit	70	\$ 25.50
<b>MILK:</b>			
Low Fat White Milk, 8 fl. oz. carton	8 fluid ounces Milk	70	\$ 21.00
Fat Free Chocolate Milk, 8 fl. oz. carton	8 fluid ounces Milk	70	\$ 21.00

**ORDERS MUST BE BY THE COMPLETE CASE (NO BROKEN CASES)**

To check availability or place an order, please contact the Food and Nutrition Supervisor for your school. Order quantities of perishable items cannot be modified after order is placed. Prices include delivery to the school Nutrition Center. Snack orders will be available during normal kitchen hours unless other arrangements have been made. Note that some items require *minimum two weeks lead time*, so please plan accordingly. Prices are subject to change without notice.