



Lincoln Charter School CACFP Program



2017-18 Update.

Hello LCS Stakeholder,

Lincoln Charter School will be implementing the snack program on Tues, September 5, 2017.

All students will be receiving snack at dismissal from school. Snacks will be delivered to the classroom between 2:30 p.m. and 3:00 p.m.

Lincoln Charter School offers dinner to all children in the community, regardless if they are enrolled at Lincoln Charter School or not. The Dinner program operates September through May. The dinner program does not operate in the month of April due to not having clubs.

Lincoln Charter School in partnership with Whitsons wants to bring healthy snacks to our students. Please review the Smart Snacks Standards attached.

Thank you,
SFA Team

SMART SNACKS IN SCHOOL

Before the New Standards



288
TOTAL
CALORIES

**Chocolate
Sandwich
Cookies**
(8 medium)
(2.2 oz. pkg.)

182
Empty
Calories



249
TOTAL
CALORIES

**Fruit
Flavored
Candies**
(2.2 oz. pkg.)

177
Empty
Calories



242
TOTAL
CALORIES

Donut
(1 large)

147
Empty
Calories



235
TOTAL
CALORIES

**Chocolate
Bar**
(1 bar/1.6 oz.)

112
Empty
Calories



136
TOTAL
CALORIES

**Regular
Cola**
(12 fl. oz.)

126
Empty
Calories

After the New Standards



170
TOTAL
CALORIES

Peanuts
(1 oz.)

0
Empty
Calories



161
TOTAL
CALORIES

**Light
Popcorn**
(snack bag)

17
Empty
Calories



118
TOTAL
CALORIES

**Low-Fat
Tortilla
Chips**
(1 oz.)

0
Empty
Calories



95
TOTAL
CALORIES

**Granola
Bar (cals,
fruit, nuts)**
(1 bar/3.3 oz.)

32
Empty
Calories



68
TOTAL
CALORIES

**Fruit Cup
(w/100%
Juice)**
(snack cup
4 oz.)

0
Empty
Calories



0
TOTAL
CALORIES

**No-Calorie
flavored
Water**
(12 fl. oz.)

0
Empty
Calories