**Elementary School**

**Nutrition Standards for Foods** As of July 2014, schools are required to meet new USDA nutrition regulations for a la carte foods and beverages. All of our ala carte snacks and beverages will:

(1) meet all of the proposed competitive food nutrient standards; and

(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\*; or

(3) have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or

(4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or

(5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber).

**Foods must also meet several nutrient requirements:**

**Calorie limits**

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

**Sodium limits**

Snack items: ≤ 230 mg\*\*

Entrée items: ≤ 480 mg

**Fat limits**

Total fat: ≤35% of calories

Saturated fat: <10% of calories

Trans fat: zero grams

**Sugar limit**

≤ 35% of weight from total sugars in foods



**Snacks:**

Assorted Cookies (1.5oz)

Assorted Cereal

Assorted Muffins (2oz)

Assorted Pop-Tarts

Fruit Snacks

Scooby Doo Grahams

Small Chips‐ 1oz ‐ (Reduced Fat or Baked)

Sides (Breads, Fruits & Vegetables)

Yogurt Cup (4oz)

String Cheese

Mini Rice Krispy Treats

Rice Krispy Treats (1.41oz)

**Beverages:**

Assorted Milk & Juice

**Price:**

$0.70

$1.20

$1.20

$1.20

$1.10

$1.10

$1.30

$1.00

$1.20

$1.20

$0.25

$1.50

$0.70