

Albemarle County Public Schools

Child Nutrition Program

Nutritional Guidelines

As part of the National School Meal Program, the Child Nutrition Program (CNP) follows the nutritional regulations set by the United States Department of Agriculture (USDA). These standards are aligned with the Dietary Guidelines for Americans and include a variety of fruits, vegetables, whole grains, low fat and fat-free milk in school meals and meet the nutritional needs for school children within their calorie requirements. Albemarle County CNP does not use deep fryers. Cooking methods are bake and steam. Fresh fruits and vegetables are included in daily offerings.

In regards to snack items (generally as supplementing a meal) the USDA Smart Snack Nutritional guidelines are followed as summarized below;

- Each item will be less than 200 calories
- Each item will have no more than 35% by weight of sugar, except fresh, dried or canned fruits and vegetables, without sweeteners.
- Each item will have no artificial trans fats.
- Each item will have no more than 35% of total calories from fat, except nuts and seeds
- Each item will have less than 10% calories from sat. fat.
- Each item will have no more than 200 mg sodium per portion as packed.

In addition, elementary and middle schools minimize the frequency of cookie and ice cream sales as follows;

- Ice cream products meet the listed standards and are offered once per week. (100% frozen juice may be offered daily)
- Cookies are reduced fat and 51% whole grain and offered once per week at elementary and middle schools.

Introduced March 2015
Revised August, 2019