

Summary Table of Nutrition Standards for ALL Competitive Foods Sold in Schools (“Smart Snacks”)



Nutrient Standards	MUST MEET ALL per portion as served					
	Calories	Fat	Sat Fat	Trans Fat	Sodium (mg)	Sugar
	Snacks and side dishes: ≤200 Entrée items ¹ : ≤350	≤35% calories ²	<10% calories	0 g as served (≤ 0.5 g per portion)	Snacks and side dishes: Until July 1, 2016: ≤230mg After July 1, 2016: ≤200mg Entrée items: ≤480 mg ³	≤35% total sugars by weight ⁴

General Standards	Must <i>also</i> be ONE of the following:			
	A. Must be a combination food containing ≥1/4 cup fruit or vegetable	B. Must be a grain product that contains: Whole grain (≥50% whole grain by weight <u>OR</u> whole grain is first ingredient <u>OR</u> 1 st ingredient after water)	C. Must be at least one of the following non-grain main food groups: Fruit, Vegetable, Dairy or Protein Foods (As first ingredient or second after water)	D. Must contain ≥10% DV of one of the following nutrients: Calcium, Vitamin D, Potassium, and Dietary Fiber (Note: This criteria will be obsolete on July 1, 2016 and may not be used to qualify foods.)

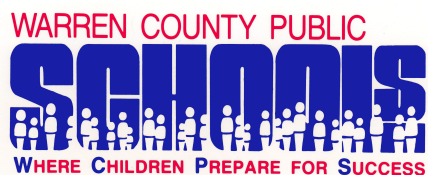
¹Entrées defined as combination foods of: grain + meat; grain + fruit or vegetable; meat + fruit or vegetable; or meat alone. ²Does not apply to reduced fat cheese, nuts/seeds. ³Pasta, meats, soups ≤450 mg. ⁴Does not apply to fresh, frozen, dried, or canned fruits packed in 100% juice, extra light syrup, or light syrup.

Food and Beverages that are compliant can only be sold 30 minutes after the last lunch period ends; the window of time in which other foods and beverages may be sold is 30 minutes after the school day ends until 12:00 midnight.

Summary Table of Nutrition Standards for Beverages Sold in Schools

Beverage	Elementary School	Middle School	High School
Plain water, non-carbonated	No size limit	No size limit	No size limit
Low fat (1%) milk, unflavored	≤8 oz.	≤12 oz.	≤12 oz.
Non fat milk, unflavored or flavored	≤8 oz.	≤12 oz.	≤12 oz.
100% fruit and/or vegetable juice	≤8 oz.	≤12 oz.	≤12 oz.
Other calorie-free beverages	Not allowed	Not allowed	≤20 oz.
Other lower calorie beverages	Not allowed	Not allowed	≤12 oz.

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