

Summary Table of Nutrition Standards for ALL Competitive Foods Sold in Schools

Nutrient Standards

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



General Standards

Must also 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 <u>one</u> of the following nutrients: • Calcium • Potassium • Vitamin D • Dietary Fiber <i>(Note: This criteria will be obsolete on July 1, 2016 and may not be used to qualify foods)</i>

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, seafood

³Does not apply to reduced fat cheese, nuts/seeds

⁴Does not apply to certain dried fruits and vegetables