

Nutrition Standards in Our School Meals



SCHOOL MEALS MEET FEDERAL GUIDELINES



INCLUDES FRUITS,
VEGETABLES, WHOLE
GRAINS, AND LEAN PROTEIN

BALANCED AND AGE-APPROPRIATE



CALORIES, SODIUM,
SUGAR AND FAT
ARE LIMITED

THE SNACKS SOLD IN SCHOOLS
ARE FORMULATED TO BE
DIFFERENT THEN THE SNACKS
SOLD IN THE SUPERMARKET.

SMART SNACKS STANDARDS



SNACKS SOLD DURING THE SCHOOL DAY
MEET FEDERAL NUTRITION GUIDELINES.

TO QUALIFY, A SNACK MUST:

- BE A **WHOLE GRAIN-RICH PRODUCT, OR**
- HAVE AS THE **FIRST INGREDIENT A FRUIT, VEGETABLE, DAIRY PRODUCT, OR PROTEIN FOOD**

SNACKS MUST ALSO MEET LIMITS FOR CALORIES, SODIUM,
FAT, AND SUGAR.

BEVERAGE STANDARDS



ALLOWABLE BEVERAGES DURING THE
SCHOOL DAY INCLUDE:

- **PLAIN WATER** (WITH OR WITHOUT CARBONATION)
- **UNFLAVORED OR FLAVORED MILK**
- **100% FRUIT OR VEGETABLE JUICE**
- **100% JUICE DILUTED WITH WATER** (WITH OR WITHOUT CARBONATION)