

Nutrition Standards

Section 1. National School Lunch and Breakfast Program. Meals served through the National School Lunch and Breakfast Program shall:

1. Meet, at a minimum, nutrition requirements established by local, state, and federal regulations.

Section 2. Smart Snacks in School. The Smart Snacks nutrition standards are applicable during the school day, which is midnight before to 30 minutes after the end of the instructional day.

1. Any food sold in schools must:
 - A. Be a “whole grain-rich” grain product; or
 - B. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - C. Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; or
 - D. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
2. Foods must also meet several nutrient requirements:
 - A. Calorie limits:
 - °Snack items: ≤ 200 calories
 - °Entrée items: ≤ 350 calories
 - B. Sodium limits:
 - °Snack items: ≤ 230 mg**
 - °Entrée items: ≤ 480 mg
 - C. Fat limits:
 - °Total fat: $\leq 35\%$ of calories
 - °Saturated fat: $< 10\%$ of calories
 - °Trans fat: zero grams
 - D. Sugar limit:
 - ° $\leq 35\%$ of weight from total sugars in foods

Section 3. Nutrition Standards for Beverages. The Smart Snacks beverage standards are applicable during the school day, which is midnight before to 30 minutes after the end of the instructional day.

1. All schools may sell:
 - A. Plain water (with or without carbonation)
 - B. Unflavored low fat milk
 - C. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - D. 100% fruit or vegetable juice, and
 - E. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
3. Grades 9-12 buildings will not sell soda during the school day.
 - A. No restrictions on calorie-free, flavored water (with or without carbonation); and
 - B. Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - C. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
 - D. Beverage Size Limitations: A beverage item available for sale at a school or on school grounds may not exceed twenty (20) ounce.