

Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- 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).

Foods must also meet several nutrient requirements:

- Calorie limits:
- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories
- Sodium limits:
- Snack items: ≤ 230 mg**
- Entrée items: ≤ 480 mg
- Fat limits:
- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams
- Sugar limits:
- ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

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.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Fundraisers

- Food and beverage items that do not meet the new *Smart Snacks in School* nutrition standards according to the Healthy Hunger-Free Kids Act of 2010 may not be sold to students in Lexington County School District One during the school day including fundraisers effective July 1, 2014.
- The school day is defined as the period from the midnight before, to 30 minutes after the official school day.
- Nutrition Standards for Foods and Beverages are accessible on the Food Service and Nutrition web-site.