

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At-a-Glance”

Category	Massachusetts Standards	USDA Standards
Juice	100% fruit and vegetable juice with no added sugar Juice may be diluted with water or carbonated water	100% fruit or vegetable juice with no added sugar Juice may be diluted with water or carbonated water
Juice – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Milk	Plain low-fat (1% or less) and fat-free milk Flavored milk and flavored milk substitutes (including alternative milk beverages, e.g., lactose-free and soy) must be fat-free and contain no more than 22 grams of total sugar per 8-ounce portion.	Plain low-fat milk Plain or flavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements
Milk – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Water	Plain carbonated or uncarbonated water May contain natural flavorings* No size limit *Federal guidance clarifies that this applies to high school only.	Elementary, Middle and High School Plain carbonated or uncarbonated water No size limit High School Calorie-free, flavored and/or carbonated water (20 ounces or less)
Other Beverages	No other beverages	Other beverages that are labeled to contain less than 5 calories per 8 fluid ounces, or less than or equal to 10 calories per 20 fluid ounces (no more than 20 fluid ounces) Other beverages that are labeled to contain no more than 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces (no more than 12 fluid ounces)
Calories	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments, unless they meet the exemption for NSLP/SBP entrée items
Fat	35% or less of total calories from fat per item as packaged or served	35% or less of total calories from fat per item as packaged or served
Saturated Fat	10% or less of total calories from saturated fat per item as packaged or served	10% or less of total calories from saturated fat per item as packaged or served
Trans Fat	All foods should be trans fat-free.	All foods should be trans fat-free.
Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions Schools may provide or sell seafood with no added fat. No other combination products are exempt from the fat standard.	Reduced-fat cheese, part-skim mozzarella cheese Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Schools may provide or sell seafood with no added fat. These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.

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Saturated Fat Exemptions	<p>Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions</p> <p>No other combination products are exempt from the saturated fat standard.</p>	<p>Reduced-fat cheese, part-skim mozzarella cheese</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p> <p>These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.</p>
Sugar	35% or less of their total weight from sugar	35% or less of their total weight from sugar
Sugar Exemptions	<p>100% fruit with no added sugar</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p> <p>Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries</p> <p>Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice</p>	<p>100% fruit with no added sugar</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat</p> <p>Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries</p>
Sodium	<p>200 mg sodium or less per item as packaged or served</p> <p>À la carte entrées should have a maximum of 480 mg of sodium per item.</p>	<p>240 mg sodium per item as packaged or served (<i>Effective July 1, 2016 sodium standard will be no more than 200 mg sodium per item as packaged or served.</i>)</p> <p>À la carte entrées should have a maximum of 480 mg of sodium per item, unless they meet the exemption for NSLP/SBP entrée items.</p>
Grains	<p>All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients).</p> <p>Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.</p>	<p>All breads or grain-based products should be whole grain (whole grains should be listed as the first ingredients).</p> <p>Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc.</p>
Caffeine	Foods and beverages in all schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine.	<p>Foods and beverages available in elementary and middle schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine.</p> <p>Caffeinated foods and beverages are permitted to be sold in high schools</p>
Artificial Sweeteners	Artificial sweeteners are not permitted.	Artificial sweeteners are permitted.
Accompaniments	All accompaniments must be included in the nutrient profile as part of the item served.	All accompaniments must be included in the nutrient profile as part of the item served.
Sugar-free Chewing Gum	There is no exemption for sugar-free chewing gum.	Sugar-free chewing gum is permitted.
School Lunch/ Breakfast Program	There is no exemption for NSLP/SBP entrées.	Entrée items sold as part of the NSLP/SBP are exempt from competitive food standards.
Timing	From midnight before to 30 minutes after the end of the official school day	From midnight before to 30 minutes after the end of the official school day
Fundraising	Massachusetts standards do not apply to fundraisers.	State education agency must set a limited frequency for the number of allowable fundraisers. In the absence of an allowable number of exemptions, the number remains zero.