

## Guidelines for Compliant Foods

Only compliant food and beverages may be sold on campus beginning midnight before school begins to one-half hour after school ends.

### 1. Compliant Snack Foods for Schools with Junior High Students are defined as:

- a) No more than 35% of the total calories from fat, (excluding nuts, nut butters, seeds, reduced-fat cheese, dried fruit + nut / seed combo), and
- b) No more than 10% of the food's total calories are from saturated fat (except reduced -fat cheese and dried fruit + nut/ seed combo), and
- c) No more than 35% sugar by weight (excluding fruits, non-fried vegetables, dried fruit+nut/seed combo), and
- d) Less than 0.5 grams trans-fat per serving (no exceptions), and
- e) No more than 200 milligrams sodium (no exceptions), and
- f) No more than 200 calories per item / container (no exceptions), and
- g) Have fruit, vegetable, dairy, protein, or whole grain as the first ingredient, or
- h) Be a combination food containing at least two food groups that contain at least ¼ cup fruit or vegetable.

### 2. "Entrée" Food Items Must Be

- a) Meat /meat alternate and whole grain rich food; or
- b) Meat /meat alternate and fruit or non-fried vegetable; or
- c) Meat / meat alternate alone (cannot be yogurt, cheese, nuts, seeds or meat snacks - these are considered a snack, and

An entrée offered the day of or the day after on the reimbursable meal program menu sold a la carte must be;

- a) No more than 400 calories, and
- b) No more than 4 grams of fat per 100 calories.

An entrée sold by any other entity (PTA, student organization, etc.) must be:

- a) No more than 35% calories from fat, and
- b) No more than 10% calories from saturated fat, and
- c) No more than 35% sugar by weight, and
- d) No more than 0.5 grams' trans-fat per serving, and

- e) No more than 480 milligrams sodium, and
- f) No more than 350 calories, and
- g) Have fruit, vegetable, dairy, protein, or whole grain as the first ingredient, or
- h) Be a combination food containing at least two food groups that contain at least ¼ cup of fruit or vegetable.

**Guidelines for Compliant Beverages for Schools with Junior High Students**

Compliant Beverages are as follows:

1. Fruit and vegetable juices containing:

- a) At Least 50% juice
- b) No added sweeteners
- c) No more than 12 ounces per serving.

2. Milk

- a) From cows or goats, and
- b) 1% (unflavored non-fat (flavored or unflavored), and
- c) Contain vitamins A and D, and
- d) At least 25% of the Daily Value of calcium per 8 ounces, and
- e) No more than 28 grams of total sugar per 8 ounces.
- f) No more than 12 fluid ounces.

3. Non - Dairy Milk

- a) Nutritionally equivalent to milk (see 7CFR 210.10(d)(3),220.8(i)(3), and
- b) No more than 28 grams of total sugar per 8 fluid ounces, and
- c) No more than 5 grams of fat per 8 fluid ounces.
- d) No more than a 12 ounce serving size.

4. Water

- a) No added sweeteners.
- b) No serving size limit.

**Compliant Foods for K-6 Schools:**

1. Can only be a:

- a) Fruit
- b) Non - fried vegetable
- c) Dairy Food
- d) Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- e) Whole grain item,

- and-

2. Must meet the following:

- a) No more than 35% of calories from fat excluding nuts, nut butters, seeds, reduced-fat cheese, dried fruit and nut/seed combo, and

- b) No more than 10% calories from saturated fat (except reduced- fat cheese, dried fruit +nut /seed combo), and
- c) No more than 35% sugar by weight, (except fruits, non- fried vegetables, dried fruit +nut /seed combo, and
- d) Less than 0.5 grams' trans-fat per serving (no exceptions), and
- e) No more than 200 milligrams sodium (no exceptions), and
- f) No more than 175 calories per snack item / container (no exceptions)

-or-

### **Compliant Beverages for K-6 Schools**

#### 1. Fruit and vegetable juice

- a) At least 50% juice, and
- b) No added sweeteners, and
- c) No more than 8 fluid ounce serving size.

#### Milk

- a) From cows or goats, and
- b) 1% (unflavored), nonfat (flavored, unflavored), and
- c) Contain Vitamins A and D, and
- d) At least 25% of the calcium Daily Value per 8 fluid ounces, and
- e) No more than 28 grams of total sugar per 8 ounces, and
- f) No more than 8 fluid ounce serving size.

#### 2. Non – Dairy Milk

- a) Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3),220.8(i)(3)), Must contain per 8 fluid ounces at least:
  - 276 mg calcium
  - 8 grams of protein
  - 500 IU Vitamin A
  - 100 IU Vitamin D
  - 24 mg magnesium
  - 222 mg phosphorus
  - 349 mg potassium
  - 0.44 mg riboflavin
  - 1.1 mcg Vitamin B12, and
- b) No more than 28 grams of total sugar per 8 fluid ounces, and
- c) No more than 5 grams' fat per 8 fluid ounce, and
- d) No more than 8 fluid ounce serving size.

#### 3. Water

- a) No added sweeteners
- b) No serving size