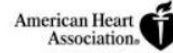


A LA CARTE FOOD STANDARDS (R.C. 3313.817 (D))

BLSD Schools will comply with the most recent guidelines for competitive food as issued by the Alliance for a Healthier Generation with respect to the sale of all a la carte food items.



School Competitive Food Guidelines



	CALORIES	TOTAL FAT	SATFAT	TRANS FAT	SUGAR BY WEIGHT	SODIUM
BASELINE	100	35%	10%	0g	35%	230mg
DRIED FRUIT WITH NO ADDED SUGAR	150 ELEMENTARY 180 MIDDLE 200 HIGH	0g	0g	0g	exempt	230mg
NUTS, NUT BUTTERS, AND SEEDS	150 ELEMENTARY 180 MIDDLE 200 HIGH	exempt	exempt	0g	35%	230mg
LOW FAT AND FAT-FREE DAIRY*	150 ELEMENTARY 180 MIDDLE 200 HIGH	35%	10%	0g	35%	480mg
SOUP AND VEGETABLES WITH SAUCE	150 If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	480mg If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.
SNACKS	150 ELEMENTARY 180 MIDDLE 200 HIGH If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	230mg
FRUIT WITH NUTS (TRAIL MIX)	150 ELEMENTARY 180 MIDDLE 200 HIGH Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.	exempt	10%	0g	35%	230mg

* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.