

## BLANCHESTER LOCAL SCHOOLS SNACK FOOD GUIDELINES

Snacks	Calories		Total Fat 35%	Saturated Fat 10%	Trans Fat 0g	Sugar by Weight 35%	Sodium 230 mg
	150	Elementary					
Dried Fruit w/No Added Sugar	150 180 200	Elementary Middle 7-8 High 9-12	0 g	0 g	0 g	exempt	230 mg
Nuts, Nut Butters, & Seeds	150 180 200	Elementary Middle 7-8 High 9-12	exempt	exempt	0 g	35%	230 mg
Low Fat and Fat Free Dairy*1	150 180 200	Elementary Middle 7-8 High 9-12	35%	10%	0 g	35%	480 mg
Soup and Vegetables with Sauce **2	150 150 150	Elementary Middle 7-8 High 9-12	35%	10%	0 g	35%	480 mg ***
Snacks ***3	150 180 200	Elementary Middle 7-8 High 9-12	35%	10%	0 g	35%	230 mg
Fruit with Nuts (Trail Mix) ****4	150 180 200	Elementary Middle 7-8 High 9-12	exempt	10%	0 g	35%	230 mg

1. \*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.
2. \*\*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.
3. \*\*\* If contains at least one of the following: 2g fiber; or 5g protein; or 10% Daily Value Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron, or 1/2 serving (1/4 cup) fruit or vegetables.
4. \*\*\*\* Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.