

Nutrition Guidelines for all Foods Available during the School Day

School meals served through the National Lunch and Breakfast Program targeted goals include:

1. Meals that are both appetizing and attractive to children.
2. Meals that meet minimum nutrition requirements established by local, state, and federal law.
3. Meals that offer a variety of food containing high nutritive value, preferably fresh fruits and vegetables.

Foods sold outside the meal (e.g. vending, ala carte, sales, snack lines, student stores, and student targeted fundraising activities) in all school buildings include:

1. Beverages:

Beverage	Elementary	Secondary
Milk	Low-Fat / Non-Fat Regular Low-Fat / Non-Fat Flavored, no non-nutritive sweeteners ≤27 gm sugar/8 oz (2014) ≤24 gm sugar/8oz (2017) ≤22 gm sugar/8 oz (2020)	
100% Juice	Allowed, but no added sweeteners	
Water	Allowed, but no added non-nutritive sweeteners	
Sports Drinks, Flavored Water	Not allowed	Allowed
Caffeinated Beverages	Not allowed	Allowed
Sodas/Carbonated Beverages	Not allowed	

2. Foods: *NSLP refers to National School Lunch Program

Nutrient	Entrée	Side
Calories	≤ NSLP entrées or ≤ 400 calories	≤ NSLP sides or ≤ 200 calories
Sodium	≤ NSLP entrées or ≤ 600 mg/item (≤ 480 mg/serving (2014))	≤ NSLP sides or ≤ 400 mg/serving (≤ 200 mg/serving in 2014)
Saturated Fat	≤ 10% calories (excluding reduced-fat cheese)	
Trans Fat	≤ 0.5 gm/serving	
Total Fat	≤ 35% calories (excluding nuts, seeds, nut butters, and reduced-fat cheese)	
Sugar	≤ 35% calories (excluding fruits and yogurts)	
Dietary Fiber/Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)	

NSLP menu items should be offered in the same portion and frequency per week as they appear on the NSLP menu. Schools and school districts that offer an ala carte, vending or regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.