

SCHOOL BEVERAGE GUIDELINES

Grades	Beverages allowed			
Elementary School Students (Grades K-5)	Water – Plain water only (no flavors) unlimited container size	Milk – <i>up to an 8 ounce container size. Milk must be fat free unflavored or flavored</i>	Juice - 8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Middle School Students (Grades 6-8)	Water – Plain water only (no flavors) unlimited container size	Milk - <i>up to a 12 ounce container size. Milk must be fat free unflavored or flavored</i>	Juice - 10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
High School Students (Grades 9-12)	Water - unlimited container size	Milk - <i>up to a 12 ounce container size. Milk must be fat free unflavored or flavored</i>	Juice - 12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	<ul style="list-style-type: none"> • 12 ounces or less of any beverage that contains no more than 20 calories per 8 ounces (40 calories per 12 ounces) • 20 ounces or less of a beverage that contains no more than 5 calories per 8 ounces (or 10 calories per 20 ounces) • No added caffeine is allowed

NOTE: Schools with a blend of grade groups (e.g. K-8, 7-12, or K-12) must follow the stricter rule for the entire grade group.

SCHOOL SNACK FOOD GUIDELINES

Description	Federal and State Requirement
Nutrition Standards for All Foods Sold	<p>Any food sold in schools must:</p> <ul style="list-style-type: none"> • Be a “whole grain-rich” grain product; or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or • Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).* <p style="text-align: right; font-size: small;">*This option only valid through June 30, 2016</p>
Entrées	<p>Foods meeting the definition of entrée are exempt from the nutrition standards on the day of and the day after they are offered on the NSLP or School Breakfast Program (SBP) menu.</p> <p>Exempt entree items offered as a competitive food must be offered in the same or smaller portion sizes as in the NSLP or SBP.</p> <p>Non-exempt entrée items must meet the following criteria as packaged or served (including any added accompaniments):</p> <ul style="list-style-type: none"> • ≤ 350 calories • ≤ 480 mg sodium • Total fat: ≤35% of calories • Saturated fat: < 10% of calories • Trans fat: zero grams • ≤ 35% of weight from total sugars in foods
All other foods not meeting the definition of entrée (side dishes, snack items, desserts, etc)	<p>Foods not meeting the definition of entrée must meet the following criteria as packages or served (including any added accompaniments):</p> <ul style="list-style-type: none"> • ≤ 200 calories • ≤ 230 mg sodium (will change to ≤ 200 July 1, 2016) • Total fat: ≤35% of calories* • Saturated fat: < 10% of calories* • Trans fat: zero grams • ≤ 35% of weight from total sugars in foods* <p style="text-align: right; font-size: small;">*For each nutrient, specific foods are defined as exempt from total fat, saturated fat, or sugar.</p>

<p><i>Foods exempt from the total fats standard</i></p>	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard.
<p><i>Foods exempt from the saturated fat standard</i></p>	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
<p><i>Foods exempt from the sugar standard</i></p>	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard. • Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
<p>Exempt Food Items</p>	<p>Exempt foods from all nutrition standards:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.