

Description	Federal and State Requirements
Nutrition Standards for All Foods Sold	<p>Any food sold in schools must:</p> <ul style="list-style-type: none"> • Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or • Have as the first ingredient a fruit, 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 1/4 cup of fruit and/or vegetable; or • The food must meet the nutrient standards for calories, sodium, fats, and total sugars.
Entrees	<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 SBP menu.</p> <p>Exempt entrée 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 entree 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% calories • Trans fat 0 gms • ≤ 35% 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 • ≤ 200 mg sodium • Total Fat: ≤ 35% of calories • Saturated Fat < 10% of calories • Trans fat 0 gms • ≤ 35% of weight from total sugars in foods

Grades	Beverages Allowed			
Elementary School Students (Grades K-5)	Water- Plain water only (no flavors) unlimited container size	Milk - up to a 8 oz container size. Milk must be fat free unflavored or flavored. • A La Carte Flavored Milk: No more than 10 gms of added sugar per 8 fl oz	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 - up to a 12 oz container size. Milk must be fat free unflavored or flavored. • A La Carte Flavored Milk: No more than 15 gms of added sugar per 12 fl oz	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 - up to a 12 oz container size. Milk must be fat free unflavored or flavored. • A La Carte Flavored Milk: No more than 15 gms of added sugar per 12 fl oz	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 (10 calories per 20 ounces)