

# SMART SNACKS *(Effective 7-1-2014)*

<b>GENERAL STANDARDS</b>	<b>Whole Grain Rich OR</b>	<b>1<sup>st</sup> Ingredient: Fruit-Veg.- Dairy-Protein* OR</b>	<b>“Combination Food” * Containing 2 Food Groups OR</b>	<b>Contain 10% of Daily Value for 1 of following: Calcium-Potassium-Vit. D-Fiber <i>(Elim. 7-1-2016)</i></b>
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<b>Nutrients</b>	<b>Exemptions**</b>
<b>Fat ≤ 35%</b>	-Reduced Fat Cheese -Part Skim Mozzarella -Nuts/Seeds & Nut/Seed Butters -Dried Fruit w/ Nuts/Seeds <i>(No added sweetener or fat)</i> -Seafood <i>(No added fat)</i>
<b>Saturated Fat &lt; 10%</b>	-Reduced Fat Cheese -Part Skim Mozzarella -Nuts/Seeds & Nut/Seed Butters -Dried Fruit w/ Nuts/Seeds <i>(No added sweetener or fat)</i>
<b>Trans Fat 0 grams</b>	
<b>Calories: Entrées - ≤ 350 Snacks/Sides - ≤ 200</b>	
<b>Sugars ≤ 35% of weight</b>	-Dried/Dehydrated Fruits or Veg. <i>(No added sweeteners)</i> -Dried Fruits w/Sweeteners -Dried Fruits w/ Only Nuts/Seeds
<b>Sodium Entrées: ≤ 480 mg Snacks/Sides: ≤ 230 mg Snacks/Sides: ≤ 200 mg <i>(7-1-2016)</i></b>	

\*Combo Foods w/ Fruit and/or Veg. --- Must be minimum ¼ cup of Fruit and/or Veg.

\*\* Exempt from all Nutrient Standards: NSLP/NBP Entrée on day of service & day after

\*\*Fresh/Froz./Canned Fruit packed in water, light syrup, extra light syrup

\*\*Fresh/Froz./Canned Veg. w/ no added ingredients except water \*\* Canned Veg. w/ small amt. of sugar



# Beverages

(Effective 7-1-2014)

Form 266

July 2015

Beverage	Elementary	Middle	High
Plain Water w/ or w/out carbonation	No size limit	No size limit	No size limit
1% Low-Fat Milk, unflavored*	≤ 8 oz	≤ 12 oz	≤ 12 oz
Nonfat Milk, unflavored or flavored *	≤ 8 oz	≤ 12 oz	≤ 12 oz
100% Fruit/Vegetable Juice**	≤ 8 oz	≤ 12 oz	≤ 12 oz
Calorie Free Beverages <i>(Calorie –Free Flavored Water w/ or w/out carbonation &amp; Other Calorie Free Beverages)</i>	-----	-----	Maximum Size 20 oz < 5 Calories/8 oz ≤ 10 Calories/20 oz
Lower Calorie Beverages	-----	-----	Maximum Size 12 oz ≤ 40 Calories/8 oz ≤ 60 Calories/12 oz
Caffeine	Food & Beverages --- No Caffeine	Food & Beverages --- No Caffeine	No Restrictions

\*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

\*\*May include 100% juice diluted with water (w/ or w/out carbonation) & with no added sweeteners.