

GENERAL & NUTRITION STANDARDS SUMMARY

“All Foods Sold in Schools” must:

- Be a “whole grain-rich” grain product; **or**
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **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, calcium, potassium, vitamin D, or dietary fiber (will expire 2016).

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg (200 mg in 2016)
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: ≤ 35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

Sugar limit:

- ≤ 35% of weight from total sugars in foods

