

## USDA Nutrient Standards

Nutrient	Standard	Exemptions to the Standards
Calories	<u>Snack items</u> : ≤ 200 calories per item as served. <u>Entrée items</u> : ≤350 calories per item as served.	
Sodium	<u>Snack items</u> : ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items: ≤200 mg sodium per item as served. <u>Entrée items</u> : ≤480 mg sodium per item as served.	
Total Fats	≤ 35% calories from total fat as served.	Reduced fat cheese (including part- skim mozzarella) is exempt from the total fat and saturated fat standards.  Nuts and seeds and nut/seed butters are exempt from the total fat and saturated fat standards.
Saturated Fats	< 10% calories from saturated fat as served.	Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat and saturated fat standards.  Seafood with no added fat is exempt from the total fat standards.
Trans Fats	Zero grams of trans fat as served.	
Sugar	≤ 35% of weight from total sugar as served.	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.
Caffeine	Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. High School: foods and beverages may contain caffeine.	

**The following items are exempt from all nutrient standards:**

- Fresh fruits and vegetables with no added ingredients.
- Canned and frozen fruits with no added ingredients except water, or packed in 100% juice, extra light syrup, or light syrup
- 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.

**\*Nutrient standards apply to the item as served, including any condiments.**

## USDA Nutrient Standards

### Allowable Beverages

#### Elementary School

Plain water or plain carbonated water (no size limit);  
Low fat milk, unflavored ( $\leq 8$  fl oz);  
Non fat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;  
100% fruit/vegetable juice ( $\leq 8$  fl oz); and  
100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

#### Middle School

Plain water or plain carbonated water (no size limit);  
Low-fat milk, unflavored ( $\leq 12$  fl oz);  
Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;  
100% fruit/vegetable juice ( $\leq 12$  fl oz); and  
100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).

#### High School

Plain water or plain carbonated water (no size limit);  
Low-fat milk, unflavored ( $\leq 12$  fl oz);  
Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;  
100% fruit/vegetable juice ( $\leq 12$  fl oz);  
100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz);  
Other flavored and/or carbonated beverages ( $\leq 20$  fl oz) that are labeled to contain  $\leq 5$  calories per 8 fl oz, or  $\leq 10$  calories per 20 fl oz; and  
Other flavored and/or carbonated beverages ( $\leq 12$  fl oz) that are labeled to contain  $\leq 40$  calories per 8 fl oz, or  $\leq 60$  calories per 12 fl oz.