

Ala Carte/ Vending / Regulated Fundraising Items

Calories

Entrée

≤ NSLP entrée item -or- ≤ 400 calories per entrée item

Sides & Snacks

≤ NSLP side item -or- ≤ 200 calories

Sodium

Entrée

≤ NSLP entrée item -or- ≤ 600mg per entrée item
(2014) ≤ 480mg per entrée item

Sides & Snacks

≤ NSLP side item -or- ≤ 400mg per serving
(2014) ≤ 200mg per serving

Saturated Fat

≤ 10% of calories
(excludes reduced fat cheese)

Trans Fat

≤ 0.5 gm per serving

Total Fat

≤ 35% of calories
(excludes nuts, seeds, nut butters & reduced fat cheese)

Sugar

≤ 35% of calories
(excludes fruits & yogurt)

Dietary Fiber / Whole Grains

50% of grains offered must be whole grain

Beverages

Ala carte / Vending / Regulated Fundraising Items

Milk

Low or Nonfat white / Low or Nonfat flavored
No nonnutritive sweeteners
(2014) ≤ 27gm sugar / 8oz
(2017) ≤ 24gm sugar / 8oz
(2020) ≤ 22gm sugar / 8oz

100 % Fruit / Vegetable Juice

No added sweeteners

Water

No added nonnutritive sweeteners

Sports Drinks / Flavored Water

None to be made available during the school day

Caffeinated Beverages

None are to be made available during the school day with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)

Sodas / Carbonated Beverages

None are to be made available during the school day

References

Incorporating the 2005 Dietary Guidelines for Americans into School Meals

