

School Competitive Food Guidelines

| | CALORIES | TOTAL FAT | SAT FAT | TRANS FAT | SUGAR BY WEIGHT | SODIUM |
|--|---|------------------|----------------|------------------|------------------------|---|
| BASELINE | 100 | 35% | 10% | 0g | 35% | 230mg |
| DRIED FRUIT WITH NO ADDED SUGAR | 150 <small>ELEMENTARY</small> 180 <small>MIDDLE</small> 200 <small>HIGH</small> | 0g | 0g | 0g | exempt | 230mg |
| NUTS, NUT BUTTERS, AND SEEDS | 150 <small>ELEMENTARY</small> 180 <small>MIDDLE</small> 200 <small>HIGH</small> | exempt | exempt | 0g | 35% | 230mg |
| LOW FAT AND FAT-FREE DAIRY* | 150 <small>ELEMENTARY</small> 180 <small>MIDDLE</small> 200 <small>HIGH</small> | 35% | 10% | 0g | 35% | 480mg |
| SOUP AND VEGETABLES WITH SAUCE | 150 If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables. | 35% | 10% | 0g | 35% | 480mg If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables. |
| SNACKS | 150 <small>ELEMENTARY</small> 180 <small>MIDDLE</small> 200 <small>HIGH</small> If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables. | 35% | 10% | 0g | 35% | 230mg |
| FRUIT WITH NUTS (TRAIL MIX) | 150 <small>ELEMENTARY</small> 180 <small>MIDDLE</small> 200 <small>HIGH</small> Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners. | exempt | 10% | 0g | 35% | 230mg |

* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.