

SMART SNACKS—QUICK REFERENCE GUIDE

A LA CARTE SNACKS MUST MEET ONE OR MORE OF THE FOLLOWING:




- ⇒ Must be $\geq 50\%$ WGR
- ⇒ WG first ingredient on label or second only to water
- ⇒ First ingredient on label is fruit, vegetable, meat/meat alternate
- ⇒ Combination food w/at least 1/4 cup fruit or vegetable
- ⇒ Contain 10% of Daily Value for calcium, potassium, Vitamin D, or fiber











NSLP/SBP ENTREES SOLD A LA CARTE

- ⇒ Exempt from competitive food standards when sold **DAY ENTRÉE IS ON MENU/DAY AFTER ENTRÉE ON MENU**

NUTRITION STANDARDS

STANDARD	REQUIREMENT	EXEMPTION
Fat	$\leq 35\%$	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats 
Sat Fat	$\leq 10\%$	Reduced fat cheese Nuts/Seeds Dried fruit w/nuts—no added sweeteners or fats 
Trans Fat	≤ 0.5 g	NONE
Sugar	$\leq 35\%$ by weight	Dried whole fruits/veggies  Dehydrated fruits or veggies
Sodium	≤ 230 mg per item per snack ≤ 480 mg per entrée	NONE
Calories	≤ 200 calories snack ≤ 350 entrée	Entrée sold a la carte on day served NSLP/SBP Entrée sold a la carte day after served NSLP/SBP
Caffeine	Not Allowed K—8	Allowed in Grades 9—12 if calories meet the requirements in the beverage chart below

BEVERAGES

GRADES	WATER	FF FLAVORED/WHITE	FF UNFLAVORED	100% JUICE (INCLUDES CARBONATED)	≤ 5 CAL PER 8 OZ	≤ 10 CAL PER 20 OZ	≤ 40 CAL PER 8 OZ	≤ 60 CAL PER 12 OZ
K—5	√	√ ≤ 8 OZ	√ ≤ 8 OZ	√ ≤ 8 OZ				
6—8	√	√ ≤ 12 OZ	√ ≤ 12 OZ	√ ≤ 12 OZ				
9—12	√	√ ≤ 12 OZ	√ ≤ 12 OZ	√ ≤ 12 OZ	√	√	√	√