

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.