

New Guidelines SY14-15

Whole Grains- all grains served must be whole grain rich.



Sodium Regulations

	Breakfast	Lunch
K-5	≤ 540	≤ 1230
6-8	≤ 600	≤ 1360
9-12	≤ 640	≤ 1420

Breakfast Fruit- students must be offered 1 C. of fruit and must take a minimum of ½ C. **NO MORE THAN 50% JUICE**



Lunch Requirements

We must **offer** these components and minimum daily serving sizes:

Grades K-8

- 1 oz eq meat/meat alternate
- 1 oz eq grain
- $\frac{3}{4}$ cup vegetable
- $\frac{1}{2}$ cup fruit
- 8 oz fluid milk

Grades 9-12

- 2 oz eq meat/meat alternate
- 2 oz eq grain
- 1 cup vegetable
- 1 cup fruit
- 8 oz fluid milk

Student must **take** at least 3 *components* in required serving sizes; 1 selection **must** be at least $\frac{1}{2}$ cup either vegetable OR fruit

Understand *Smart Snacks in Schools*

Nutrient limit	<i>Entrees with accompaniment</i>	Snacks and Sides with accompaniment
Calorie Limits	≤ 350	≤ 200
Sodium Limits	≤ 480	≤ 230
Fat Limits	Total Fat ≤ 35% of calories Sat Fat <10% of calories Zero grams trans fat	
Sugar Limits	<35% weight from total sugars	

Entrée Items

An item that includes any of these:

*meat or meat alternate + whole grain-rich bread
vegetable or fruit + meat or meat alternate
meat or meat alternate only (see EXEMPTIONS)
Any item that SFA determines is a breakfast entrée*

Understand *Smart Snacks in Schools*

Any food sold in schools must:

- *Meet all food nutrient standards AND*
- *Be whole grain-rich – ex. Pizza, Bosco Sticks, Cereal, Cool*
- *Have **OR** fruit, vegetable, dairy or protein food as first ingredient - ex. Cheese, Smoothies, Salads, Stews, Sandwiches*
- *Be a combination food w/ $\geq \frac{1}{4}$ cup fruit or vegetable*
- *Be enriched/fortified with key nutrients*

