

A La Carte Guidelines for Food and Beverages*

These guidelines will apply to all foods and beverages sold or served during the school day starting midnight before to 30 minutes after the end of the school.)

Food Items:

- ✓ Must be a whole grain product; *or*
- ✓ Have as the first ingredient a fruit, vegetable, dairy or protein food; *or*
- ✓ Be a combination food to contain at least ¼ cup of fruit, or vegetable; *or*
- ✓ Contain 10% of the Daily Value (DV) of one nutrient of such as calcium, potassium, Vitamin D or dietary fiber
- ✓ Contain no more than 35% calories from total fat (Except nuts, seeds, and nut butters)
- ✓ Contain no more than 10% calories from saturated fat
- ✓ Contain zero (0) trans fat
- ✓ Contain no more than 35% sugar by weight (No limit on fresh, canned, dried, or frozen fruits and vegetables.)
- ✓ Calorie limits:
 - Snack items: <200 calories or less
 - Entrée items: <350 calories or less
- ✓ Sodium allowance:
 - No more than 230 mg or less = chips, cereals, crackers, French fries, baked goods, and other snack items. No more than 480 mg = pastas, meats, and soups.

Portion Sizes:

- ✓ 1 oz. or less – Cookies, pure cheese that contains 3.5 grams or less
- ✓ 1.25 oz. or less – Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- ✓ 2 oz. or less – Cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- ✓ 4 fl. oz. or less – Frozen desserts including ice cream
- ✓ 8 fl. oz. or less – Non-frozen yogurt

Implementing the Wellness Policy

Food and Beverage Guidelines

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- ✓ 8 fl. oz. or less – Beverages except non-flavored water
- ✓ The portion size of a la carte entrees and side dishes shall not be greater than the size of portions offered as part of school meals.
- ✓ Fruits and non-fried vegetables are exempt from portion-size limits.
- ✓ The portion size of a la carte entrees and side dishes, including potatoes, shall not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Note – Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.

Beverages:	
K - 8	9 – 12
Plain bottled water – any size no limit Water that is non-flavored, non-sweetened, and non-carbonated	Plain bottled water – any size no limit Water that is non-flavored, non-sweetened, and with or without carbonation
Milk - flavored or unflavored, (low fat 1%, and skim) Elementary – 8 oz. Middle School -12 oz.	Milk - flavored or unflavored, (low fat 1%, and skim) – 12 oz. or less.
Juice - 100 % Fruit and Vegetable Juice Elementary – 8 oz. Middle School -12 oz.	Juice - 100 % Fruit and Vegetable Juice 12 oz. or less
Diluted Juice -no added sweeteners Elementary – 8 oz. Middle School -12 oz.	Diluted Juice 12 oz.
Low calorie, beverages such as flavored waters 20 oz. – 10 calories Less than 5 calories per 8 ounce serving	Low calorie, beverages such as flavored waters 8 oz. – 40 calories 12 oz.- 60 calories Equivalent to 5 calories per ounce

Determining Approved Foods and Beverages

Due to such a large amount of products manufactured, USDA does not have an itemized list of individual foods or beverages. Even if a food says “Smart Snacks approved,” an evaluation of that product should be done to verify compliance. Verification may be done by entering the Nutrition Facts label and ingredients in the Healthier Generation Smart Snack Calculator. This tool will help you determine if the food items you choose meet the Smart Snack Guidelines.

Below is a link to the Smart Snack Calculator.

<https://foodplanner.healthiergeneration.org/calculator>

Please feel free to contact Nutrition Services for assistance with the Smart Snack calculator at (901) 416-5550.