



## Explanation of Allowable Beverages and Foods under USDA Regulations

### 1. Beverages Standards:

| <b>Beverage</b>   | <b>Elementary School PreK - Grade 5</b> | <b>Middle School - Grade 6 through Grade 8</b> |
|---|---|--|
| Plain water, carbonated or not  | no size limit                           | no size limit                                  |
| Low-fat milk, unflavored  | 8 ounces or less                        | 12 ounces or less                              |
| Non-fat milk, unflavored or flavored  | 8 ounces or less                        | 12 ounces or less                              |
| 100% fruit/vegetable juice  | 8 ounces or less                        | 12 ounces or less                              |
| Caffeine: Elementary and Middle School: Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances |   |  |

### 2. Nutrition Standards for foods

- Any food in schools must:
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (Calcium, potassium, vitamin D, or dietary fiber)
- Foods must also meet several nutrient requirements:
  - Calorie limits:
    - Snack items: ≤200 calories
    - Entrée items: ≤350 calories
  - Sodium limits:
    - Snack items: ≤200 mg
    - Entrée items: ≤480 mg sodium
  - Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: ≤10% of total calories
    - Trans fat: zero grams
  - Sugar limit:
    - ≤35% of weight from total sugars in foods (dried/dehydrated fruits/vegetables exempt)