

# USDA Smart Snacks in School

## Effective July 1, 2014

### Food Guidelines

#### Nutrition Standards for Foods (per item as packaged or served)

#### Any food sold on the school campus, during the school day must:

- Be a whole grain rich grain product; **or**
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food; **or**
- Be a combination food that contains at least ¼ cup fruit and/or vegetable.

#### AND

#### Foods must also meet all of the specific nutrient standards (with accompaniments):

##### Calorie limits

Entrée items: ≤ 350 calories  
Snack/side items: ≤ 200 calories

##### Sodium limits

Entrée items: ≤ 480 mg  
Snack/side items: ≤ 200 mg

##### Fat limits

Total fat: ≤ 35% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

Saturated fat: < 10% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat: zero grams (<0.5g)

##### Sugar limit

Total sugar: ≤ 35% of weight from total sugars

- Exemptions: Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

##### Exemptions from meeting all nutrient standards:

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light, or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service. Entrée item is either (i) a combination food of M/MA and whole grain rich food; or (ii) a combination food of M/MA and F or V; or (iii) a M/MA served alone\*\*\*; or (iv) a breakfast entrée item as determined by a school food authority (SP 35-2014).  
\*\*\*Except for yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks.
- Sugar-free chewing gum

**\* Texas allows schools to sell any foods and beverages during the school day as part of a fundraiser for up to six days per school year on each school campus. No specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Visit [www.squaremeals.org](http://www.squaremeals.org) for more information.**

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### Beverage Guidelines

Category	Elem	Middle	High
<b>Plain or Carbonated Water</b>	Any size	Any size	Any size
<b>Low Fat Milk (1%), Unflavored</b>	≤8oz	≤12oz	≤12oz
<b>Non Fat Milk (Skim), Flavored or Unflavored*</b>	≤8oz	≤12oz	≤12oz
<b>100% Fruit or Vegetable Juice</b> (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
<b>100% Fruit or Vegetable Juice, Diluted with Water</b> (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
<b>Calorie-Free Beverages, Flavored and/or Carbonated</b> ≤5 calories per 8oz, or ≤10 calories per 20oz	Not permitted	Not permitted	≤20oz
<b>Low Calorie Beverages, Flavored and/or Carbonated</b> ≤40 calories per 8oz, or ≤60 calories per 12oz	Not permitted	Not permitted	≤12oz

*\*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.*

*Note: Caffeinated beverages are only permitted at the High School level.*

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