

# School Competitive Food Guidelines

	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SAT FAT</b>	<b>TRANS FAT</b>	<b>SUGAR BY WEIGHT</b>	<b>SODIUM</b>
<b>BASELINE</b>	100	35%	10%	0g	35%	230mg
<b>DRIED FRUIT WITH NO ADDED SUGAR</b>	150 ELEMENTARY 180 MIDDLE 200 HIGH	0g	0g	0g	exempt	230mg
<b>NUTS, NUT BUTTERS, AND SEEDS</b>	150 ELEMENTARY 180 MIDDLE 200 HIGH	exempt	exempt	0g	35%	230mg
<b>LOW FAT AND FAT-FREE DAIRY*</b>	150 ELEMENTARY 180 MIDDLE 200 HIGH	35%	10%	0g	35%	480mg
<b>SOUP AND VEGETABLES WITH SAUCE</b>	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.
<b>SNACKS</b>	150 ELEMENTARY 180 MIDDLE 200 HIGH 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
<b>FRUIT WITH NUTS (TRAIL MIX)</b>	150 ELEMENTARY 180 MIDDLE 200 HIGH 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.