

Smart Snacks Decision Chart

Effective July 1, 2019

MUST meet all of the Nutrient Standards for:

1. Calories ≤ 200 Snack/side
 ≤ 350 Entree
2. Sodium (mg) ≤ 200 Snack/side
 ≤ 480 Entree
3. Total Fat ($\leq 35\%$ calories)
4. Saturated Fat ($< 10\%$ calories)
5. Trans fat (g) (0)
6. Total sugar ($\leq 35\%$ by weight)

**AND
Snack/Side/
Entree that is**

1st Ingredient Grain

A

- $\geq 50\%$ WHOLE GRAIN

OR

1st Ingredient (one of the following)

B

- FRUIT
- VEGETABLE
- DAIRY (pudding, ice cream, cheese, yogurt)
- MEAT (poultry, eggs, nuts, fish)

OR

A Combination Food

C

- With 1/4 cup fruit/vegetable

The **Smart Snack Guidelines** define what can be sold during the school day.

The **Nebraska Competitive Food Rule** requires that no other program or school group sell food or beverages anywhere on the school campus ½ hour before to ½ hour after breakfast and lunch. This rule defines when items can be sold during the school day.

School Campus—all areas of school property that are accessible to students during the school day

School Day—for foods/beverages that do not meet the Smart Snack criteria, nothing can be sold from midnight before until 30 minutes after the end of the official school day

See reverse side for information on **Beverages** and **Exemptions**. See NDE-NS website for more information.

This institution is an equal
opportunity provider.

Smart snacks  **Competitive foods**



BEVERAGES

Maximum Size for each grade	ELEM	MIDDLE	HIGH
WATER <i>Non-carbonated or carbonated</i>	ANY SIZE	ANY SIZE	ANY SIZE
MILK <i>Skim or 1% unflavored Skim flavored</i>	8 oz	12 oz	12 oz
100% JUICE <i>Plain or carbonated</i>	8 oz	12 oz	12 oz
ZERO CALORIE BEVERAGE <i>Flavored and/or Carbonated <5 cal/8 oz Or ≤10 cal/20 oz</i>	NOT PERMITTED	NOT PERMITTED	20 oz
LOW CALORIE BEVERAGE <i>Flavored and/or Carbonated ≤40 cal/8 oz Or ≤60 cal/12 oz</i>	NOT PERMITTED	NOT PERMITTED	12 oz

Caffeinated beverages are only permitted at the High School Level

EXEMPTIONS

ENTRÉE SECOND - Exempt from nutrient standards if served same day or next day.

FRUITS/VEGETABLES - Exempt from nutrient standards if NO added ingredients.

DRIED FRUITS/VEGETABLES - Exempt from sugar standard if NO added nutritive sweeteners or if added ingredient is necessary for processing and/or palatability.

SEAFOOD - Exempt from total fat standard.

CHEESE - Exempt from fat and saturated fat standards. Does not apply to combination foods.

NUTS/NUT BUTTER/SEEDS - Exempt from total fat and saturated fat standards. Exemption does not apply to combination foods such as peanut butter crackers.

DRIED FRUIT WITH NUTS - Exempt from total fat, saturated fat and sugar if no added sugar or fat.