

Smart Snacks & Competitive Foods

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 (0)
6. Total sugar (\leq 35% by weight)

AND
Snack/Side/Entree
that is

1st Ingredient Grain
• \geq 50% WHOLE GRAIN

A

OR

1st Ingredient (one of the following)
• FRUIT
• VEGETABLE
• DAIRY (pudding, ice cream, cheese, yogurt)
• MEAT (poultry, eggs, nuts, fish)

B

OR

A Combination Food
• With 1/4 cup fruit/vegetable

C

The **Smart Snack Guidelines** replace the “Foods of Minimal Nutritional Value” list and define what can be sold during the school day.

The **Nebraska Competitive Foods Rule** requires that no other program or school group sell food or beverages anywhere on school premises ½ hour before to ½ hour after breakfast and lunch. This rule defines when items can be sold during the school day. (See *NDE website for further information*) See reverse side for information on **Beverages** and **Exemptions**.



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 or 1% 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, on same day served and 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 standard. 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.