

Student Wellness Policy

Nutrition Standards

Department of Agriculture 7CFR Parts 201 and 220, Nutrition Standards for All Foods Sold in School, as required by the Healthy, Hunger-Free Kids Act of 2010.

Ala Carte Side Items - to be allowed must meet nutrient standards

Ala Carte Entrée (main course of meal) - Entrees approved for school breakfast or lunch are exempt from these standards

Category		Exception/Notes
STEP ONE: Determine main ingredient. It needs to meet one of these three.		
Is the first Ingredient a, b or c? If it is water than 2nd ingredient must meet a, b or c.	a) Whole grain rich OR	
	b) fruit, veg, dairy product or protein food first ingredient OR	Fresh fruits and vegetables are exempt from nutrient standards Canned or frozen fruits packed with water, 100% juice, extra light syrup or light syrup are exempt from nutrient standards
	c) be a combination food with at least 1/4 c fruit or veg	Example: smoothie
STEP TWO: Analyze Nutrients. They need to meet the following guidelines.		
Calories	≤ 200 kcal Snack item or ≤ 350 kcal Entrée	
Sodium	≤ 200 mg Snack item or ≤ 480 mg Entrée	
Total Fat	≤ 35% kcal	Nuts, seeds, nut/seed butters and reduced fat cheese exempt from total fat standard
		Calculate Total Fat Content 1. Take number of fat grams multiply by 9 calories = total calories from fat. 2. Take the Total calories from Fat and divide by the total calories. 3. Multiple this number by 100 = percent total fat
Sat fat	< 10%	Nuts, seeds, nut/seed butters and reduced fat cheese exempt from sat fat standard Calculate Sat Fat 1. Take number of grams sat fat multiply by 9 calories = total calories from fat. 2. Take the Total calories from Sat Fat and divide by the total calories. 3. Multiple this number by 100 = percent sat fat
Trans fat	0g	Product with less than 0.5g trans fat per serving is acceptable
Sugar	≤ 35% kcal by weight	Calculate percentage sugar by weight by: 1. Divide the total number of grams of sugar by the total weight (grams) of the item 2. Then multiply by 100. EXAMPLE: 13.1 grams sugar/45 grams (total food weight) x 100 = 29.1% sugar by weight

Additional Guidelines

Category	
limit ala carte items	HS - unlimited ala carte items
	MS - 3 ala carte items per day
	Elem - 1 snack item
Scope of coverage	Guidelines apply to all food sold during the school day which is defined as before the school day to 30 minutes after school ends. This includes DECA/student stores, Vending Machines, PTA fundraisers and Cafeteria sales.