

## Nutrition Standards for Idaho School Meals Checklist

- Calorie Range: 100% - 110% of the appropriate level of calories per week.
- Trans Fat: eliminate foods containing added trans fats.
- Deep-Fat Frying: shall not use deep-fat frying as a method to prepare food.
- Pre-Fried Foods:
  - Breakfast side items: limit pre-fried to no more than three times per week.
  - Lunch entrees: limit pre-fried to no more than three times per week.
  - Lunch side items: limit pre-fried to no more than three times per week.
- Whole Grains:
  - Breakfast: one whole grain in all serving lines at least three times per week.
  - Lunch: one whole grain in all serving lines at least three times per week.
- Fruits and Vegetables:
  - Breakfast: one fruit on all points of service
  - Lunch: one fruit and one non-fried vegetable on all points of service
  - Offer fresh fruits and vegetables when possible
  - Canned Fruits packed in natural juice, water, or light syrup.
  - Variety of fruits and vegetables including dark green and orange.
- Low-Fat Milk: offer fat-free (skim) and low-fat (1%) milk at all points of service.
- Legumes: offer legumes at least one time per week.
- Sugar: not offer grains with more than 14g of sugar.
- Sodium: limit sodium to 2mg per calorie.
- Fiber: offer meals with at least 1g of fiber per 100 calories.
- Cholesterol:
  - Breakfast: limit cholesterol to 75mg
  - Lunch: limit cholesterol to 100mg
- Condiments:
  - Not have salt shakers or packets available
  - Not have sugar dispensers or packets available.
  - Accurately reflect condiment usage in nutrient analysis and production records.
  - Use low-fat condiments and/or control portions of high-fat condiments.
- Limit a la carte foods that do not meet the school breakfast and lunch standards.