

AREA	NEW IDAHO STANDARD
Calorie Range	As a weekly average, SFAs shall serve at a <u>minimum</u> 100% and a <u>maximum</u> 110% of the appropriate level of calories per week to ensure meals offered to children comply with USDA calorie levels.
Trans Fat	SFAs shall strive to <u>eliminate</u> foods containing added trans fats.
Deep Fat Frying	SFAs <u>shall not</u> use deep fat frying as a method to prepare food in Child Nutrition Programs. This includes foods for reimbursable meals as well as á la carte foods sold by the Child Nutrition Department.
Pre-fried Foods	<p>BREAKFAST: SFAs shall <u>limit</u> serving pre-fried, flash-fried, or par-fried <u>side items/components</u> to <u>no more than three times per week</u>.</p> <p>LUNCH: SFAs shall <u>limit</u> serving pre-fried, flash-fried, or par-fried <u>entrees/meat/meat alternate</u> to <u>no more than three times per week</u>.</p> <p>LUNCH: SFAs shall <u>limit</u> serving pre-fried, flash-fried, or par-fried <u>side items/other components</u> to <u>no more than three times per week</u>.</p>
Whole Grains	<p>SFAs shall offer one whole grain in <u>all</u> serving lines <u>at least three times per week</u> at breakfast and <u>at least three times per week</u> at lunch.</p> <p>A whole grain food is defined as:</p> <ul style="list-style-type: none"> ■ Purchased Foods: the whole grain must be listed first in the ingredient list. ■ Homemade Foods: more than 50% of the grains in the recipe must be whole grains.
Fruits and Vegetables	<p>BREAKFAST: SFAs shall offer <u>at a minimum</u>, one fruit on <u>all</u> points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two times per week as the fruit choice.</p> <p>LUNCH: SFAs shall offer <u>at least one</u> fruit and <u>one</u> non-fried vegetable at <u>all</u> points of service each day.</p> <p>SFAs shall offer fresh fruits and vegetables when possible.</p> <p>When using frozen and canned fruits, SFAs shall use products that are packed in natural juice, water, or light syrup.</p> <p>SFAs shall make an effort to provide a variety of fruits and vegetables throughout the week, making sure dark green and orange fruits and vegetables are offered.</p>
Milk	SFAs shall offer fat-free (skim) <u>and</u> low-fat (1%) milk at <u>all</u> points of service. SFAs shall strive to <u>eliminate</u> 2% and whole milk offerings.
Legumes	SFAs shall offer legumes (dry beans and peas) <u>at least one time per week</u> .
Sugar	SFAs shall <u>not offer</u> grains (cereals, breads, pastries, cookies, cakes, etc.) with more than 14g sugar per ounce in purchased products (natural sugars, such as fruits, are exempt). SFAs shall strive to include foods with <u>less than 10g</u> of sugar per ounce at breakfast and lunch.
Sodium	SFAs shall <u>limit</u> sodium to 2mg per calorie.
Fiber	SFAs shall offer meals with <u>at least</u> one gram of fiber per 100 calories.
Cholesterol	SFAs shall <u>limit</u> cholesterol to 75mg for breakfast and 100mg for lunch.
Condiments	<p>SFAs shall <u>not have</u> salt shakers or packets available.</p> <p>SFAs shall <u>not have</u> sugar dispensers or packets available.</p> <p>SFAs shall accurately reflect condiment usage in nutrient analysis <u>and</u> on production records.</p> <p>SFAs are <u>encouraged</u> to use low-fat condiments and/or control portions of high-fat condiments.</p>
Á la Carte	SFAs shall <u>limit</u> á la carte foods that do not meet the Nutrition Standards for Idaho School Meals.