



Smart Snacks – Foods and Beverages

Nutrition Standards for All Foods Sold in Schools – effective July 1, 2016

FIRST INGREDIENT: FRUIT, VEGETABLE OR DAIRY

Examples	≤35% Fat	<10% Sat Fat	≤35% Sugar	No Trans Fat	Sodium	Portion Limits Elementary	Portion Limits Middle	Portion Limits High
Fresh fruits and vegetables with no added ingredients ¹	N/A ²	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Canned and frozen fruit in water, 100% juice, extra light syrup or light syrup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Canned vegetables with no added ingredients ³	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Dried fruit or vegetables (whole or pieces) with no added sugar	√ ⁴	√	N/A	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Dried whole fruit or dried fruit pieces with necessary added sugar ⁵	√	√	N/A	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Fruit or vegetables <i>with added ingredients (except those listed above)</i>	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Reduced fat cheese or part skim mozzarella	N/A	N/A	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Yogurt	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.

1 Except water.

2 N/A means Not Applicable – this food item does not need to meet this standard.

3 Except water or a small amount of sugar required for structural integrity in processing.

4 √ means must be compliant with specification.

5 ONLY as needed for processing or palatability (cranberries, tart cherries, blueberries).

FIRST INGREDIENT: GRAIN, PROTEIN, OR COMBINATION FOODS

Examples	≤35% Fat	<10% Sat Fat	≤35% Sugar	No Trans Fat	Sodium	Portion Limits Elementary	Portion Limits Middle	Portion Limits High
50% Whole Grain ⁶	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Not 50% whole grain	∅ ⁷	∅	∅	∅	∅	∅	∅	∅
Nuts and seeds	N/A	N/A	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Nut and seed butters	N/A	N/A	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Nuts/seeds with dried fruit no other ingredients	N/A	N/A	N/A	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Seafood with no added fat	N/A	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Meat/Poultry/Egg	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Must contain 1/4 cup fruit or vegetable ⁸	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
Entrée ⁹ served in a reimbursable school meal on day of service or day after.	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Entrée ⁹ all other	√	√	√	√	≤480 mg	≤350 cal.	≤350 cal.	≤350 cal.

6 To meet Whole Grain requirements the first ingredient must be a whole grain OR 50% of the product weight must be whole grains. (This standard does not require enrichment nor does it look at non-creditable grains, like NSLP/SBP.)

7 ∅ means not allowed. See Combination Foods.

8 A combination food must contain ¼ cup fruit or vegetable.

9 Entrée item is defined in the Smart Snacks in School rule as an item that is either: (i) A combination food of meat or meat alternate and whole grain rich food; (ii) A combination food of vegetable or fruit and meat or meat alternate; or (iii) A meat or meat alternate alone with the exception of yogurt, low-fat or reduced-fat cheese, nuts, seeds, and nut or seed butters, and meat snacks (such as dried beef jerky).

FIRST INGREDIENT: OTHER

Examples	≤35% fat	<10% Sat fat	≤35% sugar	no trans fat	sodium	Elementary	Middle	High
Sugar free chewing gum	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Foods that otherwise qualify but contain Caffeine (except for trace amounts that are naturally occurring)	√	√	√	√	√	not allowed	not allowed	≤200 cal.

NOTE: All accompaniments must be included in the nutrient profile of the food item with which they are served – for example salad dressing, cream cheese, sauces, dips.

BEVERAGES

Allowed beverages ¹⁰	Portion Limits	Portion Limits	Portion Limits
	Elementary	Middle	High
Plain water carbonated or not	no limit	no limit	no limit
Low fat milk unflavored	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Nonfat milk flavored or unflavored	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Milk alternatives that are nutritionally equivalent as permitted by NSLP/SBP standards	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
100% fruit and/or vegetable juice	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
100% fruit and/or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl. oz. or ≤10 calories per 20 fl. oz.	Not allowed	Not allowed	≤20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl. oz. or ≤60 calories per 12 fl. oz.	Not allowed	Not allowed	≤12 fl. oz.
Caffeine	Not allowed	Not allowed	Allowed

¹⁰ For purposes of Smart Snacks, a smoothie made of allowable foods (fruits, vegetables, or yogurt) is considered a food. If made only of allowable beverages (milk, fruit juice), it is a beverage. This does not apply to smoothies used in reimbursable breakfasts. For guidance on smoothies at breakfast, see USDA policy memo SP10 CACFP 05 SFSP10-2014.

For Questions Contact

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