

## **Food Sales Guidelines**

**Snacks** are limited to a maximum of:

- 250 calories per item
- 35% of calories from fat (excepting nuts, nut butters, seeds, eggs, single-serving cheese, fruit, & non-fried vegetables)
- 10% of calories from saturated fat (excepting eggs, and single-serving cheese).
- 35% of weight from sugar\* (excepting fruits and vegetables).

*\*Sugar means all free mono- and disaccharides, such as glucose, fructose, lactose, and sucrose.*

**Entrees** (except those sold as part of a government lunch or breakfast) are limited to:

- Maximum of 400 calories
- 4 grams of fat per 100 calories (36% fat).
- Must be categorized as an entrée in the National School Lunch or breakfast program.

## **Beverage Sales Guidelines**

Restricts beverages to water, milk (except whole milk), vegetable juice and fruit juice (minimum of 50% juice, with no added sweeteners), and electrolyte replacement beverages (max 42 grams of sugar per 20 oz).

Non-compliant beverages may be sold only if:

- o At a school sponsored event after school
- o sold at least 1/2 hour before or after school

**ALL FOOD/BEVERAGE ITEMS SOLD MUST HAVE DISPLAYED NUTRITION INFORMATION OR INGREDIENTS USED DISPLAYED.**

**ALL FOOD MUST BE PREPARED AT A RESTAURANT OR PRE-PACKAGED FROM A GROCERY STORE. NO FOOD CAN BE PREPARED AT SCHOOL OR AT HOME AND BROUGHT TO SCHOOL.**