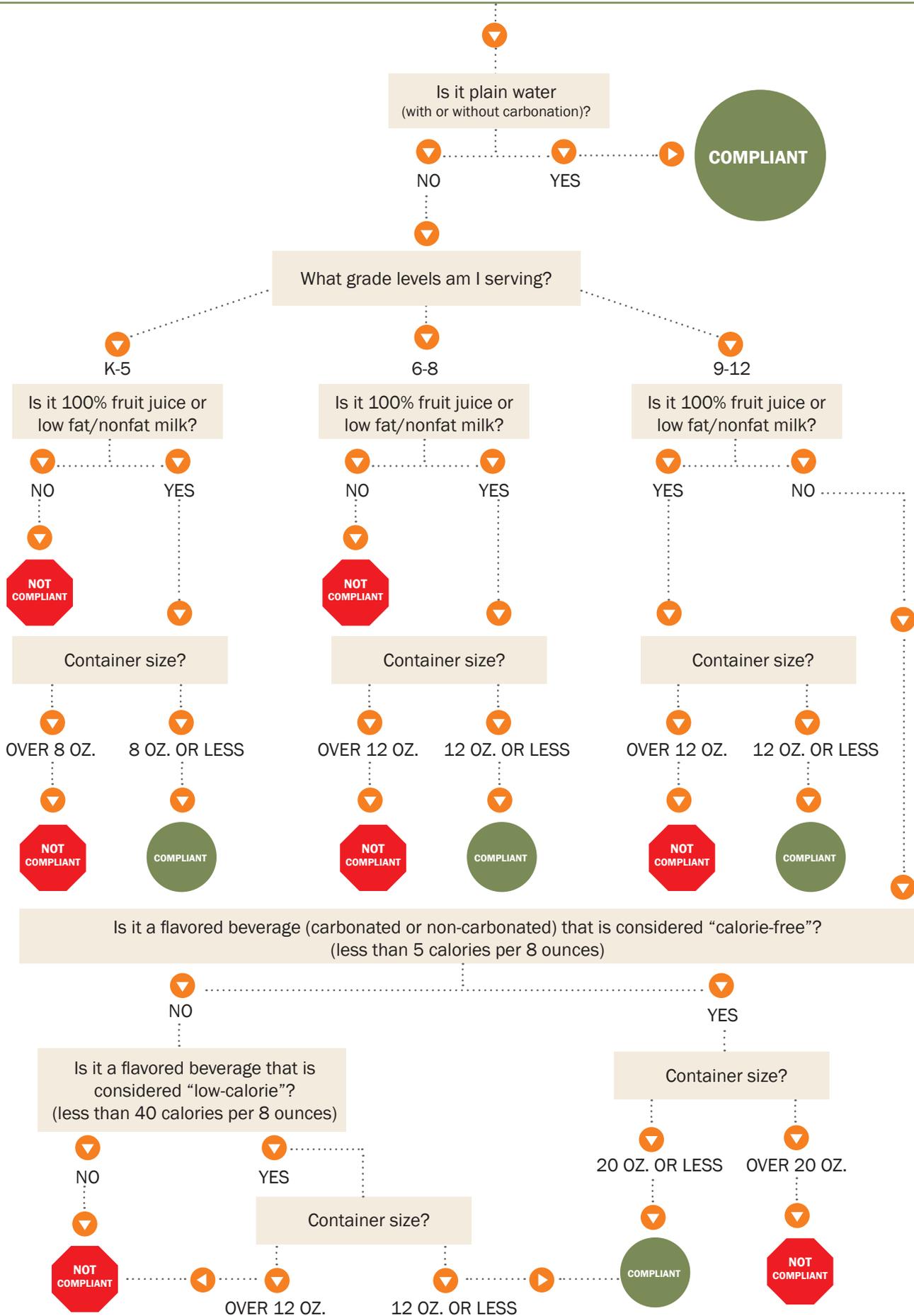




IS MY BEVERAGE COMPLIANT?





IS MY FOOD ITEM COMPLIANT?

Is it served as the entrée for the NSLP today or yesterday?



NO



YES



COMPLIANT

Does my food item meet at least ONE of the following options?

- Whole grain rich product
- 1st ingredient a fruit, vegetable, protein, or dairy item
- A combination food with at least 1/4 cup fruit or vegetable
- Contain at least 10% of the Daily Value for Calcium, Vitamin D, Potassium, or Fiber



NO



YES



Is my item a side/snack or an entrée?



SIDE/SNACK



ENTRÉE



Does my side/snack item meet ALL of the following nutrition standards?

- < 200 Calories
- < 230 mg Sodium
- < 35% of calories from total fat
- < 10% of calories from saturated fat
- 0 grams of trans fat
- < 35% of weight from sugars



YES



NO



Does my entrée item meet ALL of the following nutrition standards?

- < 350 Calories
- < 480 mg Sodium
- < 35% of calories from total fat
- < 10% of calories from saturated fat
- 0 grams of trans fat
- < 35% of weight from sugars



YES



NO

