

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold In Schools – effective July 1, 2016

Idaho State Department of Education, Child Nutrition Programs

First Ingredient ¹	Examples	≤35% Fat	<10% Sat Fat	≤35% Sugar	No Trans Fat	Sodium	Portion Limits		
							Elementary	Middle	High
Fruit or Vegetable	Fresh fruits and vegetables with no added ingredients ²	N/A ³	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 ⁴	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	√	√	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.
Dairy	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 If the first ingredient is water, look at the second ingredient.

² Except water

³ "N/A" means "Not Applicable"-- this food item does not have to meet this standard

⁴ Except water or a small amount of sugar required for structural integrity in processing

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

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							Elementary	Middle	High
Grain	50% Whole Grain ⁶	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Not 50% whole grain	not allowed (<i>see Combination Food</i> below)							
Protein	Nuts and seeds	N/A	N/A	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Nuts 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.
Combination Foods	Must contain 1/4 cup fruit or vegetable ⁷	√	√	√	√	≤200 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Entrée ⁸ 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 ⁷ all other	√	√	√	√	≤480 mg	≤ 350 cal.	≤ 350 cal.	≤350 cal.

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

⁷ A combination food must contain ¼ cup fruit or vegetable.

⁸“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; or (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).”

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	Examples	≤35% fat	<10% Sat fat	≤35% sugar	no trans fat	sodium	Portion Sizes		
							Elementary	Middle	High
Other	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.
	Accompaniments	All accompaniments must be included in the nutrient profile of the food item it is being served with. i.e.- salad dressing, cream cheese, sauces, dips							

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Beverages	Allowed beverages ⁹	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

⁹ For purposes of smart snacks, a smoothie made of allowable foods (fruits, vegetables, 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 CACFP05 SFSP10-2014](#)

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