

APPENDIX B

Moscow School District 281

SMART SNACKS – FOOD and BEVERAGES

APPROVED AUGUST 2015
Revised 3/28/17

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold in Schools – effective July 1, 2014
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	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Dried whole fruit or dried fruit pieces with necessary added sugar ⁵	√	√	N/A	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Fruit or vegetables with added ingredients (except those listed above)	√	√	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
Dairy	Reduced fat cheese or part skim mozzarella	N/A	N/A	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Yogurt	√	√	√	√	≤230 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)

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold in Schools – effective July 1, 2014
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
Grain	50% Whole Grain ⁶	√	√	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Not 50% whole grain	not allowed (see <i>Combination food or Special Exception</i> below)							
Protein	Nuts and seeds	N/A	N/A	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Nuts and seed butters	N/A	N/A	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Nuts/seeds with dried fruit no other ingredients	N/A	N/A	N/A	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Seafood with no added fat	N/A	√	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Meat/Poultry/Egg	√	√	√	√	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
Combination Foods	Must contain 1/4 cup fruit or vegetable ⁷	√	√	√	√	≤230 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	350	350

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 OR contain 10% of the Daily Value of a nutrient of public health concern (calcium, potassium, vitamin D, or dietary fiber)

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).” The interim final rule does not include grain-only items as entrée items. However, Food and Nutrition Service (FNS) understands this may limit the availability of products which are healthy choices that students are accustomed to having for breakfast. Therefore, a school food authority (SFA) is permitted to determine which item(s) are the entrée items for breakfasts offered as part of the SBP.

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold in Schools – effective July 1, 2014
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
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							
	Special Exception until July 1, 2016	If a product does not qualify based on its first ingredient, it may qualify if it contains ≥10% of the Daily Value of a nutrient of public health concern (i.e. calcium, potassium, vitamin D or dietary fiber)							

	Allowed beverages ⁹	Portion Limits		
		Elementary	Middle	High
Beverages	Plain water carbonated or not	no limit	no limit	no limit
	Lowfat 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](#).

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold in Schools – effective July 1, 2014
Idaho State Department of Education, Child Nutrition Programs

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at **U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410**, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

USDA Child Nutrition Programs recognize the following protected classes: race, color, national origin, sex, age, and disability.