

Athens City Schools

USDA NSLP/SBP/NSLP Snack/SSO Meal Plan Guidelines



Breakfast

1-2oz

1-2oz

1c

1c

450-600

<540mg

<10% Saturated Fat

K-12 Breakfast

Meat

WG Bread

Fruit

Milk

Calories

Sodium

High School Lunch

2-3oz

Meat

2oz

WG Bread

$\frac{3}{4}$ c- 1c

Vegetable

$\frac{1}{2}$ c-1c

Fruit

1c

Milk

750-850

Calories

<1420mg

Sodium

<10% Saturated Fat

K-8th grade Lunch

1-2oz

Meat

1-2oz

WG Bread

$\frac{1}{2}$ - $\frac{3}{4}$ c Vegetable

$\frac{1}{2}$ c

Fruit

1c

Milk

600-650 Calories

<1230 Sodium

<10% Saturated Fat

NSLP Snack

1oz WG Bread/Chips/Crackers/ Meat

6oz Juice OR 8oz Milk

Athens City Schools

USDA Smart Snack Guidelines



Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

- Calorie limits: ° Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories
- Sodium limits: ° Snack items: ≤ 200 mg
- Entrée items: ≤ 480 mg
- Fat limits: ° Total fat: ≤ 35% of calories
- ° Saturated fat: < 10% of calories
- Trans fat: zero grams
- Sugar limit: ° ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

All schools may sell: • Plain water (with or without carbonation) • Unflavored low-fat milk • Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP • 100% fruit or vegetable juice and • 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice.
There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students. • No more than 20-ounce portions of • Calorie-free, flavored water (with or without carbonation); and • Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. • No more than 12-ounce portions of • Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

Fundraisers

The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.

The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
Alabama allows 30 exempt fundraisers per year per school.