

MAY 2017

Nutrition Standards for

Foods

Any food sold in school 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
 Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:

Calorie limits

Snack items: ≤ 200 calories
 Entrée items: ≤ 350 calories

Sodium limits

Snack items: ≤ 230 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

USDA is an equal opportunity provider and employer.

1	2	3	4	5
WG Chicken Nuggets Over Brown Rice 100% Mozzarella Cheese Pizza Chef Salad	WG Corn Dog w/ Potato Smiles 100% Beef Cheese Burger Roasted Turkey Sub sandwich	Sack Lunch	Crispy Chicken Patty Sandwich Teriyaki Dippers Over Rice Ham & Cheese	Chicken Alfredo W/ Dinner Roll Turkey Hot Dog w/ Potato Smiles Fruit & Yogurt Parfait
8	9	10	11	12
Honey Ribb-Q On Wheat Bun 100% Mozzarella Cheese Pizza Crispy Chicken Salad	WG Grilled Cheese Sandwich WG Beef Spaghetti w/ Dinner Roll Peppi Pizza Salad	Sack Lunch	100% Beef Patty or Garden Burger Breakfast 4 Lunch Waffles & sausage Taco Salad with Beef or Vegetables COOKIE DAY	Cheesy Bean Burrito Fruit & Yogurt Parfait MAY FAIR DAY
15	16	17	18	19
WG Chicken Nuggets Over Brown Rice 100% Mozzarella Cheese Pizza Chef Salad	WG Corn Dog w/ Potato Smiles 100% Beef Cheese Burger Roasted Turkey Sub sandwich	Sack Lunch	Crispy Chicken Patty Sandwich Teriyaki Dippers Over Rice Ham & Cheese Sub Sandwich	Chicken Alfredo W/ Dinner Roll Turkey Hot Dog w/ Potato Smiles Fruit & Yogurt Parfait
22	23	24	25	26
Honey Ribb-Q On Wheat Bun 100% Mozzarella Cheese Pizza Crispy Chicken Salad	WG Grilled Cheese Sandwich WG Beef Spaghetti w/ Dinner Roll Peppi Pizza Salad Treat Day	Sack Lunch	100% Beef Patty or Garden Burger Breakfast 4 Lunch Waffles & sausage Taco Salad with Beef or Vegetables	Trout Treasures Over Rice Cheesy Bean Burrito Fruit & Yogurt Parfait
29	30	31		
MEMORIAL DAY HOLIDAY	WG Corn Dog w/ Potato Smiles 100% Beef Cheese Burger Roasted Turkey Sub sandwich	Sack Lunch	We Offer a variety of fresh fruits and veggies daily 1% White Milk Non Fat Flavored Milk	

