

281—58.11 (256) Nutritional content standards.**Foods Table**

| Nutrient | A la Carte, Vending, and Regulated Fundraising Items |
|---------------------------|--|
| Calories | <p style="text-align: center;">≤ NSLP entrée items* OR ≤ 400 calories per entrée item</p> <p style="text-align: center;">≤ NSLP sides* OR ≤ 200 calories</p> |
| Sodium | <p style="text-align: center;">≤ NSLP entrée items* OR ≤ 600 mg per entrée item [≤ 480 mg/serving entrées (2014)]</p> <p style="text-align: center;">≤ NSLP sides* OR ≤ 400 mg/serving sides [≤ 200 mg/serving sides (2014)]</p> |
| Saturated fat | ≤ 10% calories (excluding reduced fat cheese) |
| Trans fat | ≤ 0.5 gm/serving |
| Total fat | ≤ 35% calories (excluding nuts, seeds, nut butters and reduced fat cheese) |
| Sugar | ≤ 35% calories (excluding fruits and yogurts) |
| Dietary fiber/whole grain | 50% of grains offered must be whole grain |

* NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

Beverages Table

| Beverage | A la Carte, Vending, and Regulated Fundraising Items |
|----------------------------------|---|
| Milk | <p style="text-align: center;">Low fat/nonfat regular Low fat/nonfat flavored with no nonnutritive sweeteners In addition: ≤ 27 gm sugar/8 oz (2014) ≤ 24 gm sugar/8 oz (2017) ≤ 22 gm sugar/8 oz (2020)</p> |
| 100% Fruit/Vegetable Juice | No added sweeteners |
| Water | No added nonnutritive sweeteners |
| Sports Drinks, Flavored Water | None are to be made available to elementary students during the school day as vending machine, a la carte, or regulated fundraising items |
| Caffeinated Beverages | None are to be made available to elementary students during the school day as vending machine, a la carte, or regulated fundraising items, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk) |
| Sodas/ Carbonated Beverages | None are to be made available to any students during the school day as vending machine, a la carte, or regulated fundraising items |

In addition to compliance with the above tables, schools and school districts that offer a la carte, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.

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