

Nutrition Standards For Cedar Rapids Community School District

The rules apply to all foods offered, made available, or sold through vending machines, student stores, snacks, fundraiser, and a la carte during the school day.

School Day shall be defined as the period from the midnight before, to 30 minutes after the end of the official school day

Nutrition Standards for Foods

Any food sold/offered 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 ¼cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet the following 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

Nutrition Standards for Beverages

All schools may sell/offer:

- 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
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

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

High Schools - the standards allow additional “no calorie” and “lower calorie” beverages

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation)
- 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.

Does my food item meet guidelines? See Product Calculator in Wellness Resources.

Produced by NAMA Government Affairs
For Further information visit : www.namavoice.org or
www.fns.usda.gov/cnd/Governance/Legislation/allfoods_summarychart.pdf

Original USDA document was revised to reflect CRCSD Wellness Policy