

## 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: ≤ 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/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.**

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