

Nutritional Requirements for Foods Sold in School

8532.01

NUTRITION STANDARDS FOR FOODS

Any food sold in school must:

- Be a whole grain-rich 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.

In addition, food items must meet the following requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 200mg
 - Entrée items: ≤ 480mg
- 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

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

NUTRITION STANDARDS FOR BEVERAGES

Beverage items allowable for sale in school:

- 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

8532.01(a)

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

In addition, the following standards apply:

	Elementary	Middle	High
Water, plain	No portion limit	No portion limit	No portion limit
Milk and Juice	Maximum serving size of 8oz.	Maximum serving size of 12oz.	Maximum serving size of 12oz.
Calorie free, flavored water or other flavored and/or carbonated beverages containing < 5 calories per oz. or ≤ 10 calories per 20 oz.	Not allowable	Not allowable	Maximum serving size of 20oz.
Beverages with ≤ 40 calories per 8oz., or ≤ 60 calories per 12oz.	Not allowable	Not allowable	Maximum serving size of 12oz.

FUNDRAISERS

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- These 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. Wisconsin's Fundraiser Exemption Policy allows two fundraiser exemptions per student organization per school year.

Legal References: Wisconsin Child Nutrition and WIC Reauthorization Act of 2004
Hunger Free Kids Act of 2010

Cross References: 8532.00, School Nutrition and Wellness

Approved: May 10, 2017