

Menominee Indian School District

459 - Exhibit (1)

School Competitive Food Guidelines

| | Calories | Total Fat | Sat Fat | Trans Fat | Sugar by Weight | Sodium |
|---------------------------------|-------------------------------|------------------|----------------|------------------|------------------------|---------------|
| Baseline | | 35% | 10% | 0g | 35% | 230mg |
| Dried Fruit with no sugar added | 150 KPS 180 MIMS 200 HS | 0g | 0g | 0g | Exempt | 230mg |
| Nuts, Nut Butter and Seeds | 150 KPS 180 MIMS 200 HS | Exempt | Exempt | 0g | 35% | 230mg |
| Low fat and fat free dairy | 150 KPS 180 MIMS 200 HS | 35% | 10% | 0g | 35% | 480mg |
| Soup and vegetables w/sauce (1) | 150 All | 35% | 10% | 0g | 35% | 480mg |
| Snacks (2) | 150 KPS 180 MIMS 200 HS | 35% | 10% | 0g | 35% | 230mg |
| Fruit with Nuts (Trail Mix) (3) | 150 KPS 180 MIMS 200 HS | Exempt | 10% | 0g | 35% | 230mg |

NOTES:

- (1) Soup and Vegetables - must contain at least two of the following: 2g fiber, or 5g protein; or 10% Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ½ serving (1/4 cup) fruit or vegetable.
- (2) Snacks - must contain at least one of the following: 2g fiber; or 5g protein; or 10% Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ½ serving (1/4) fruit or vegetables.

- (3) Fruit with Nuts - product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.

Examples of Permitted Snacks

- Individual fruit - apples, pears, oranges, bananas
- Fruit cups packed in juice or water
- Vegetables - baby carrots, broccoli
- Dried or dehydrated fruits - raisins, apricots, cherries
- 100% fruit juice or low-sodium 100% vegetable juice
- Low-fat, low-salt, whole-grain crackers or chips
- Whole-grain, low-sugar cereals
- 100% whole-grain mini bagels
- 8 oz servings of low-fat, fruit-flavored yogurt
- 8 oz servings of low-fat or nonfat chocolate or strawberry milk
- Low-sodium, whole-grain bars containing sunflower seeds, almonds, or walnuts
- Low-salt baked potato chips or pretzels
- Ice cream low in sugar and fat
- Caffeine-free, calorie-free nonfortified soft drinks (after school only)

Examples of Foods that do not meet standards

- Cake, cupcakes, or cookies with too much sugar or salt
- Fortified sports drinks or fortified water
- Gum (sugar free gum is permitted), licorice, or candy
- Fruit smoothies with added sugar
- Regular sodas with sugar and caffeine
- Ice cream products that have too much sugar or fat
- Breakfast bars, granola bars, and energy bars that have too much fat or sugar
- Chips, crackers (including cheese crackers), pretzels that have too much salt or fat