Smart Snacks in School
Foods Flowchart

Is the food sold to students during the school day?
- No → Allowable
- Yes → Is the food item sold a la carte?
  - Yes → Does the food item meet at least one of the following Food Standards?
    - Is the 1st ingredient whole grain? OR
    - Is the 1st ingredient a fruit, vegetable, dairy product or protein food? OR
    - Does the food contain at least ¼ cup fruit and/or vegetable?
      - Yes → Does the food item (including accompaniments) meet the following Nutrient Standards?
        - Calories
          - Snack < 200 / Entrée < 350
        - Sodium
          - Snack < 200 mg** / Entrée < 480 mg
        - Fat
          - Total fat < 35% of calories
          - Saturated fat:< 10% of calories
          - Trans fat zero grams
        - Sugar
          - ≤ 35% of weight from total sugars in foods
      - No → Not Allowable
  - No → Is it an entrée served as part of a reimbursable meal or on the day after?
    - Yes → Allowable
    - No → Not Allowable

Adapted from CDE Office of School Nutrition