

SMART SNACK REQUIREMENTS

Any food sold in schools must:

- Be a “whole grain-rich” product; or
- Have as the first ingredient a fruit, vegetable, dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the following: calcium, potassium, vitamin D, or dietary fiber.

Foods must also meet several nutrient requirements:

Calories limits

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

Sodium limits

Snack item: ≤ 230 mg

Entrée items: ≤ 480 mg

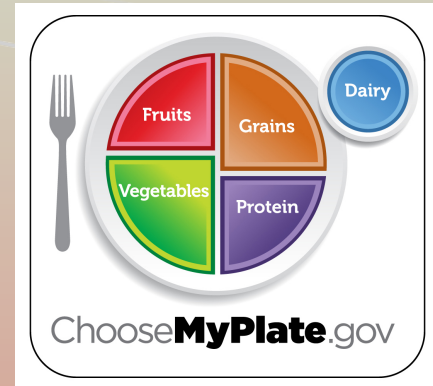
Fat limits

Total fat: ≤ 35% of calories

Saturate fat: < 10% of calories

Trans fat: 0 grams

Sugar limit: ≤ 35% of weight from total sugars in food



The Healthy, Hunger-Free Act of 2010 required USDA to establish nutrition standards for all foods sold in school – beyond the federally supported meals programs. The rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage options available in the marketplace.

For further information about school meals go to:

<http://www.fns.usda.gov>

Dunklin R-V School District School Nutrition Services

Dunklin R-V School District, School Nutrition Services
497 Joachim Ave, Herculaneum, MO 63048
636-479-5200



Educating today for a better
tomorrow

At Dunklin R-V, we know that good nutrition and learning go hand in hand. The Nutrition Service's Department is dedicated to students' health, wellbeing and their ability to learn. We support learning by promoting healthy eating habits for lifelong nutrition and fitness practices.

The primary goal of the Food & Nutrition Services Department is to ensure no child goes hungry. Achievement of this goal allows us to support the district goal of educating today for a better tomorrow ... one meal at a time.

NUTRITION REQUIREMENTS

BREAKFAST

ELEMENTARY

350-500 Calories

<10% Calories form Fat

0 Trans Fat

≤ 430 mg Sodium

MIDDLE SCHOOL

400-550 Calories

<10% Calories form Fat

0 Trans Fat

≤ 470 mg Sodium

HIGH SCHOOL

450-600 Calories

<10% Calories form Fat

0 Trans Fat

≤ 500 mg Sodium

NUTRITION REQUIREMENTS

LUNCH

ELEMENTARY

550-650 Calories

<10% Calories form Fat

0 Trans Fat

≤ 640 mg Sodium

MIDDLE SCHOOL

600-700 Calories

<10% Calories form Fat

0 Trans Fat

≤ 710 mg Sodium

HIGH SCHOOL

750-850 Calories

<10% Calories form Fat

0 Trans Fat

≤ 740 mg Sodium

BREAKFAST INCLUDES

- **Main entrée of 1 oz whole grain rich bread and 1 oz protein or 2 oz whole grain rich bread choices**
- **1 cup of fruit; can be ½ cup 100% juice and ½ cup fruit**
- **Choice of Milk; 1% white, skim white, chocolate skim, or strawberry skim**

LUNCH INCLUDES

- **Choice of entrée of 2 oz protein and 1 oz whole grain rich bread**
- **1 cup vegetable but can choose ½ cup**
- **½ cup of fruit; High School can have 1 cup fruit**
- **Choice of Milk; 1% white, skim white, chocolate skim, or strawberry skim**