

## Fairfield City Schools Nutritional Guidelines

	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Sugar by Weight</b>	<b>Sodium</b>
<b>Baseline</b>	100	35%	10%	0g	35%	230mg
<b>Dried Fruit with no Added Sugar</b>	150 Elementary 180 Int/Middle 200 High School	0g	0g	0g	exempt	230mg
<b>Nuts, Nut Butters and Seeds</b>	150 Elementary 180 Int/Middle 200 High School	exempt	exempt	0g	35%	230mg
<b>*Low Fat and Fat-Free Dairy</b>	150 Elementary 180 Int/Middle 200 High School	35%	10%	0g	35%	480mg
<b>Soup and Vegetables with Sauce</b>	150 If it contains at least <u>two</u> of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A,C,E, folate, calcium magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0%	35%	480mg If contains at least <u>one</u> of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.
<b>Snacks</b>	150 Elementary 180 Int/Middle 200 High School If contains at least <u>one</u> of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A,C,E, folate, calcium magnesium, potassium or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0%	35%	230mg

	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Sugar by Weight</b>	<b>Sodium</b>
<b>Fruit with Nuts (Trail Mix)</b>	150 Elementary 180 Int/Middle 200 High School  Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.	Exempt	10%	0g	35%	230mg

\*Cheese may be reduced fat or part skim in 1/5 oz. portions. One egg or egg equivalent with no added fat is permitted.

District will not sell food that is in the lowest rated category of foods designated by the software for assessing the nutritional values of foods. Higher nutrition standards may be implemented by the Child Nutrition Department for School meals.

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