### Summary Table of Nutrition Standards for ALL Competitive Foods Sold in Schools

#### Nutrient Standards

<table>
<thead>
<tr>
<th>Nutrient Standards</th>
<th>Calories</th>
<th>Fat</th>
<th>Sat Fat</th>
<th>Trans Fat</th>
<th>Sodium (mg)</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snacks and side dishes: ≤200</td>
<td>≤35% calories(^2)</td>
<td>≤10% calories(^3)</td>
<td>0 g as served (≤0.5 g per portion)</td>
<td></td>
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<td></td>
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<tr>
<td>Entrée items(^1): ≤350</td>
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</tr>
</tbody>
</table>

#### General Standards

A. Must be a combination food containing ≥1/4 cup fruit or vegetable

B. Must be a grain product that contains:
   - Whole grain (≥50% whole grain by weight OR whole grain is first ingredient OR 1st ingredient after water)

C. Must be at least one of the following non-grain main food groups:
   - Fruit, Vegetable, Dairy or Protein Foods (As first ingredient or second after water)

D. Must contain ≥10% DV of one of the following nutrients:
   - Calcium
   - Potassium
   - Vitamin D
   - Dietary Fiber

\(^1\)Entrées defined as combination foods of: grain + meat; grain + fruit or vegetable; meat + fruit or vegetable; or meat alone
\(^2\)Does not apply to reduced fat cheese, nuts/seeds, seafood
\(^3\)Does not apply to reduced fat cheese, nuts/seeds
\(^4\)Does not apply to certain dried fruits and vegetables