

**Nutrition Program Guidelines:**

At each RSU #23 School, food and beverage offerings will meet the National School Lunch Program (NSLP) and National School Breakfast Program (NSBP) guidelines, as well as the following local guidelines:

Guidelines:

Food items containing whole grains will be offered daily whenever possible.

A fresh fruit and/or a raw vegetable will be offered daily. Fruits canned in heavy syrup will not be offered.

Low fat/ fat free milk and dairy products will be offered daily in at least three varieties. Middle and High School students will be offered milk in 10 oz. plastic re-sealable bottles.

A la carte entrée portion sizes will not exceed NSLP portion sizes.

A la carte snack items and beverages will be trans fat-free.

A la carte snacks, beverages and ice cream products provide 250 calories or less per serving as packaged.

All pre-packaged cereals will contain 35% or less of weight from total sugar (or less than 9g/100 calories).

Food items will contain no more than 360 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items.

Adopted: 1/8/14