



District Nutrition Standards

Reference List of Snack Foods from Retail Sources – Updated 9-1-2006

The best way to determine if a food or beverage meets the District Nutrition Standards which include the Arizona Nutrition Standards is to use the Nutrient Standards Calculator available on the Arizona Department of Education website. The link to the Nutrient Standards Calculator is www.ade.az.gov/health-safety/cnp/HB2554/Default.asp. If this link does not work for you, you can access the Nutrient Standards Calculator from the TUSD Food Services Department internet website. On the opening page of the TUSD website, select Meals from the list in the column on the right side of the page. The Nutrient Standards Calculator link is on the Meals page towards the bottom of the page.

Beverages

- 100% fruit juice 8 oz serving maximum size for grades pre-K-5 and 12 oz serving maximum size for grades 6-8.
- Milk not to exceed 2% milk fat and 4 grams of sugar per ounce in flavored milk in a maximum individual serving size of 12 oz for grades pre-K – 8.
- Water

Foods

General requirements are:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids combined
- No more than 35% total sugar by weight
- Must contain 1 gram of fiber
- Maximum of 400 calories per serving for entrée items sold a la carte or for fund raising
- Maximum of 300 calories per serving for all other items
- Maximum of 800 mg sodium for entrée items sold a la carte or for fund raising
- Maximum of 600 mg sodium for all other snack items.
- No deep-fat fried chips or crackers
- Final preparation method cannot be deep-fat fried
- Chips and cracker portions cannot exceed 1.5 ounces.
- Baked goods such as muffins, sweet rolls, and pastries must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 3 ounces.
- Baked goods such as cookies, bars and brownies must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 2 ounces.
- Nuts and seeds cannot exceed a serving size of 2 ounces.
- Cheese cannot exceed a serving size of 2 ounces.
- Non-frozen yogurt cannot exceed a serving size of 8 ounces.
- Frozen desserts and puddings cannot exceed a serving size of 3 ounces
- 100% fruit juice Fruit Smoothies cannot exceed a serving size of 12 ounces.
- Candy is prohibited

Products available at retail stores that meet the District Nutrition Standards - go to page 2.

Products available at retail stores that meet the District Nutrition Standards

- Pepperidge Farm Goldfish Crackers, Cheddar flavor, Parmesan flavor and Pretzels, 1 oz bag
- Pepperidge Farm Giant Goldfish Crackers, 14 crackers per serving
- Kellogg's NutriGrain Bar, Cherry flavor and Blueberry flavor, 1.3 oz bar
- Nature Valley Chewy Low Fat Breakfast Bar, 1oz bar
- Nature Valley Oats & Honey Reduced Fat Bars, 1.66 oz package
- Sunshine Cheez-It Crackers, Reduced-Fat, 1.5 oz package
- Nabisco Mini Teddy Grahams Cinnamon Cubs, .78 oz package – 100 calorie serving per package
- Quaker Multigrain Minis Honey Graham flavor Rice Cakes, 1 serving (9 mini cakes)
- Nabisco Wheat Thins, Multi-Grain – 1 serving (17 crackers)
- Quaker Breakfast Bars, Strawberry, 1 bar (37 grams)
- Raisins, small individual serving box or ¼ cup of raisins
- Jiffy Pop Butter Flavor Pop Corn, 1 cup popped
- Nabisco Triscuits, Garden Herb, 6 crackers per serving
- Keebler Wheatables, Honey Wheat, 17 crackers per serving
- Food Club Snack Mix, Traditional, 2/3 cup serving
- Honey Maid Graham Cracker Sticks, 1 individual serving package
- Nabisco Wheat Thins, Harvest Five Grain, 1 serving (13 crackers)

Less than the amount of one serving can be provided. The amount listed as a serving was the basis used for determining if the food item met the required amounts of nutrients and did not exceed the limits on designated nutrients.

Please contact me at 225-4700 or your school's Food Services Manager if you need assistance in determining if a snack you want to provide meets the District Nutrition Standards.

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