

Missouri Eat Smart Guidelines – Grades Pre-K-12

CATEGORY	MINIMUM	INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)
SCHOOL MEALS National School Lunch Program (NSLP) School Breakfast Program (SBP)	All school meals comply with USDA regulations and state policies. <input type="checkbox"/>	BREAKFAST: At least 50% of cereals offered contain: <input type="checkbox"/> • no more than 35% of weight from sugar per serving.	BREAKFAST: At least 50% of cereals offered contain: <input type="checkbox"/> • no more than 35% of weight from sugar per serving. • at least 1 g. of fiber per serving.
		Foods containing whole grains are offered 1 day a week. <input type="checkbox"/>	Foods containing whole grains are offered 3 days a week. <input type="checkbox"/>
		Fresh, canned, dried or frozen fruits or vegetables are offered at least 3 days a week. <input type="checkbox"/>	Fresh, canned, dried or frozen fruits or vegetables are offered daily. <input type="checkbox"/>
		At least one of the following will be offered daily: Low fat (1%, ½%) or skim (nonfat) milk. <input type="checkbox"/>	Only the following will be offered daily: Low fat (1%, ½%) and skim (nonfat) milk. <input type="checkbox"/>
		LUNCH: A main dish with total fat ≤ 16 g. per serving is offered at least 3 times a week. <input type="checkbox"/>	LUNCH: A main dish with total fat ≤ 16 g. per serving is offered daily. <input type="checkbox"/>
		Dark green or orange vegetables or fruits are offered 1 time a week. <input type="checkbox"/>	Dark green or orange vegetables or fruits are offered 3 times a week. <input type="checkbox"/>
		Fresh fruits or raw vegetables are offered 1 to 3 times a week. <input type="checkbox"/>	Fresh fruits or raw vegetables are offered 4 to 5 times a week. <input type="checkbox"/>
		A food item containing whole grains is offered at least 1 time a week. <input type="checkbox"/>	A food item containing whole grains is offered 3 times a week. <input type="checkbox"/>
		At least one of the following will be offered daily: Low fat (1%, ½%) or skim (nonfat) milk. <input type="checkbox"/>	Only the following will be offered daily: Low fat (1%, ½%) and skim (nonfat) milk. <input type="checkbox"/>
		Reduced-fat and/or fat-free salad dressings are offered. <input type="checkbox"/>	Only reduced-fat and/or fat-free salad dressings are offered. <input type="checkbox"/>

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<p>À LA CARTE All other food and beverage items sold by the school food service program in the school cafeteria or other locations where school meals are served or eaten</p>	<p>À la carte items comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <input type="checkbox"/></p>	<p>À LA CARTE FOOD ITEMS include the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. 	<p>À LA CARTE FOOD ITEMS include the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP.
		<ul style="list-style-type: none"> Fruits or vegetables. <input type="checkbox"/> 	<ul style="list-style-type: none"> Fruits or vegetables. <input type="checkbox"/>
		<ul style="list-style-type: none"> Yogurt. <input type="checkbox"/> 	<ul style="list-style-type: none"> Low-fat and/or nonfat yogurt. <input type="checkbox"/>
		<p><input type="checkbox"/></p> <ul style="list-style-type: none"> Other items – At least 50% of items offered meet all of the following criteria per serving: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat. 	<p><input type="checkbox"/></p> <ul style="list-style-type: none"> Other items – At least 50% of items offered meet all of the following criteria per serving: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, not more than 35% of total calories from fat. Sugar – Except for fruit without added sugar, not more than 35% of weight from sugar. Calories – Not more than 200 calories per selling unit.
		<p>À LA CARTE BEVERAGES include the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> Water. 	<p>À LA CARTE BEVERAGES include the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> Water, non-caloric.
		<ul style="list-style-type: none"> Milk. <input type="checkbox"/> 	<ul style="list-style-type: none"> Only low-fat (1% or ½%) and/or skim (nonfat) milk. <input type="checkbox"/>
		<ul style="list-style-type: none"> 50-100% juice. <input type="checkbox"/> 	<ul style="list-style-type: none"> 100% juice. <input type="checkbox"/>
		<ul style="list-style-type: none"> N/A. <input type="checkbox"/> 	<ul style="list-style-type: none"> Calcium-fortified soy or rice beverages are offered. <input type="checkbox"/>

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VENDING Machines & School Stores	All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of "Foods of Minimal Nutritional Value" (see definition) where school meals are served or eaten during the meal period. <input type="checkbox"/>	The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students: <input type="checkbox"/> <ul style="list-style-type: none"> • in elementary and middle schools until after the end of the school day. • in high schools until one hour after the end of the last lunch period. 	The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students: <input type="checkbox"/> <ul style="list-style-type: none"> • in elementary and middle schools. • in high schools until after the end of the school day.
		The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria per selling unit: <input type="checkbox"/> <ul style="list-style-type: none"> • Fat – Not more than 35% of total calories from fat except for nuts, seeds and nut butters. 	The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria per selling unit: <input type="checkbox"/> <ul style="list-style-type: none"> • Fat – Not more than 35% of total calories from fat except for nuts, seeds and nut butters. • Sugar – not more than 35% of weight from sugar except for fruit (without added sugar). • Calories – Not more than 200 calories per selling unit.
		Beverages – At least 50% of items offered must include the following:	Beverages – At least 50% of items offered must include the following:
		• Water. <input type="checkbox"/>	• Water, non-caloric. <input type="checkbox"/>
		• Milk. <input type="checkbox"/>	• Only low-fat (1% or ½%) and/or skim (nonfat) milk. <input type="checkbox"/>
		• 50-100% juice. <input type="checkbox"/>	• 100% juice. <input type="checkbox"/>
		• N/A. <input type="checkbox"/>	• Calcium-fortified soy or rice beverages are offered. <input type="checkbox"/>

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<p>AFTER-SCHOOL PROGRAMS All snacks served, regardless of funding source</p>	<p>“Snack” means <input type="checkbox"/> 2 or more items that are served as a unit. If served under the USDA After-School Snack Program, the food items comply with all applicable federal regulations and state policies.</p>	<p>On at least 3 days of the week, snacks meet the following standards: <input type="checkbox"/></p> <ul style="list-style-type: none"> • Fat – Not more than 35% of total calories from fat except for cheese, nuts, seeds and nut butters. • Sugar – not more than 35% of weight from sugar except for fruit (without added sugar), 100% juice and milk. 	<p>On all days of the week, snacks meet the following standards: <input type="checkbox"/></p> <ul style="list-style-type: none"> • Fat – Not more than 35% of total calories from fat except for cheese, nuts, seeds and nut butters. • Sugar – not more than 35% of weight from sugar except for fruit (without added sugar), 100% juice and milk.
<p>OTHER Classroom Rewards Classroom Parties & Celebrations Fundraisers Intramural Events</p>	<p>All foods and beverages <input type="checkbox"/> are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.</p>	<p>Students are encouraged to have individual water bottles in the classroom if school policy allows it. <input type="checkbox"/></p> <hr/> <p>Foods or beverages will not be used as rewards in the classroom nor be withheld as a form of punishment for academic performance or student behavior <input type="checkbox"/></p> <hr/> <p>Consideration of the following points is given for classroom parties and celebrations:</p> <ul style="list-style-type: none"> • Types of foods and beverages available • Limiting the frequency of events • Scheduled after the lunch period <input type="checkbox"/> <hr/> <p>Fundraising and intramural activities are supportive of physical activity and healthy eating. <input type="checkbox"/></p>	

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Definitions:

Foods of Minimal Nutritional Value (FMNV) -- Are those foods as defined in federal regulations for the National School Lunch Program (7 C.F.R., Part 210) and the School Breakfast Program (7 C.F.R., Part 220). FMNV includes all soda water (includes soda); water ices (popsicles); chewing gum; certain candies such as hard candy, jellies and gums; marshmallow candies; fondant (candy corn and soft mints); licorice; spun candy; and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

Fruits -- May be fresh, frozen, canned or dried. Condiments (such as jam or jelly) made from fruit are not considered “fruit” under the Missouri Eat Smart Guidelines. Canned fruit should be packed in light syrup, or preferably in juice.

Foods Containing Whole Grain -- Whole grains include, but are not limited to, whole wheat flour, entire wheat flour, graham flour, brown rice, old-fashioned oatmeal, and quick-cooking oats or cornmeal. To be considered a food containing whole grain, a commercially produced food item would have a whole grain listed as one of the first three ingredients on the product’s list of ingredients. School-prepared products would have a whole grain as one of three ingredients with the greatest weight as shown on the recipe. The 2005 Dietary Guidelines for Americans recommend that at least half of an individual’s recommended grain servings should be whole grains.

Missouri Eat Smart Guidelines -- Defines three levels of nutrition standards for schools: minimum, intermediate and advanced. The minimum level complies with the minimum requirements found in federal Child Nutrition Program regulations and state policy. The standards for each subsequent level are more healthful than those for the previous level.

National School Lunch Program (NSLP) -- Is a federal Child Nutrition Program designed to provide students with healthful lunches that meet approximately 1/3 of their daily nutritional needs.

Nonprofit food service program -- Refers to the National School Lunch Program and/or the School Breakfast Program, which are both federal Child Nutrition Programs.

School Breakfast Program (SBP) -- Is a federal Child Nutrition Program designed to provide students with healthful breakfasts that meet approximately 1/4 of their daily nutritional needs.

Selling Unit (SU) -- Is a pre-portioned or pre-packaged food or beverage item sold as one whole unit.

Vegetables -- May be fresh, frozen or canned and should not be fried. Snack foods (such as potato chips) and condiments (such as pickle relish, catsup and chili sauce) made from a vegetable are not considered a “vegetable” under the Missouri Eat Smart Guidelines.

Vended items -- Include foods and beverages sold through vending machines and school stores in competition with the school’s nonprofit food service program.

To calculate percentage of calories from fat -- 1) Multiply total grams of fat in one serving by 9. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.

To calculate percent of sugar by weight -- 1) Divide total grams of sugar by the weight (in grams) in one serving size. Look for grams of sugar and not the total grams of carbohydrates. 2) Multiply by 100. In the instance a serving size is only available in ounces, multiply ounces by 28.35 to convert to grams.