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| **Category** | **Massachusetts Standards** | **USDA Standards** |
| **Juice** | 100% fruit and vegetable juice with no added sugar  Juice may be diluted with water or carbonated water | 100% fruit or vegetable juice with no added sugar  Juice may be diluted with water or carbonated water |
| **Juice –**  **Portion Size** | Elementary, Middle and High School – 8 ounces or  less | Elementary School – 8 ounces or less  Middle School – 12 ounces or less  High School – 12 ounces or less |
| **Milk** | Plain low-fat (1% or less) and fat-free milk  Flavored milk and flavored milk substitutes (including alternative milk beverages, e.g., lactose-free and soy) must be fat-free and contain no more than 22 grams of total sugar per 8-ounce portion. | Plain low-fat milk  Plain or flavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements |
| **Milk –**  **Portion Size** | Elementary, Middle and High School – 8 ounces or  less | Elementary School – 8 ounces or less  Middle School – 12 ounces or less  High School – 12 ounces or less |
| **Water** | Plain carbonated or uncarbonated water  May contain natural flavorings\* No size limit  \*Federal guidance clarifies that this applies to high school only. | Elementary, Middle and High School Plain carbonated or uncarbonated water No size limit  High School  Calorie-free, flavored and/or carbonated water (20 ounces or less) |
| **Other Beverages** | No other beverages | Other beverages that are labeled to contain less than 5  calories per 8 fluid ounces, or less than or equal to 10 calories per 20 fluid ounces (no more than 20 fluid ounces)  Other beverages that are labeled to contain no more than  40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces (no more than 12 fluid ounces) |
| **Calories** | Limit of 200 calories for side or snack dish items, including accompaniments  Limit of 350 calories for entrée items, including accompaniments | Limit of 200 calories for side or snack dish items, including accompaniments  Limit of 350 calories for entrée items, including accompaniments, unless they meet the exemption for NSLP/SBP entrée items |
| **Fat** | 35% or less of total calories from fat per item as  packaged or served | 35% or less of total calories from fat per item as packaged  or served |
| **Saturated Fat** | 10% or less of total calories from saturated fat per item as packaged or served | 10% or less of total calories from saturated fat per item as packaged or served |
| **Trans Fat** | All foods should be trans fat-free. | All foods should be trans fat-free. |
| **Fat Exemptions** | Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions  Schools may provide or sell seafood with no added fat.  No other combination products are exempt from the fat standard. | Reduced-fat cheese, part-skim mozzarella cheese  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat  Schools may provide or sell seafood with no added fat. These exemptions are not restricted by size; any size of the  above items will be considered exempt from the USDA total  fat restrictions. |

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| **Saturated Fat**  **Exemptions** | Reduced-fat cheese, part-skim mozzarella cheese  limited to 1-ounce portions  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions  No other combination products are exempt from the saturated fat standard. | Reduced-fat cheese, part-skim mozzarella cheese  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat  These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions. |
| **Sugar** | 35% or less of their total weight from sugar | 35% or less of their total weight from sugar |
| **Sugar Exemptions** | 100% fruit with no added sugar  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat  Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries  Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice | 100% fruit with no added sugar  Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat  Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, i.e., cranberries, tart cherries, and blueberries |
| **Sodium** | 200 mg sodium or less per item as packaged or served  À la carte entrées should have a maximum of 480 mg of sodium per item. | 240 mg sodium per item as packaged or served  (*Effective July 1, 2016 sodium standard will be no more than*  *200 mg sodium per item as packaged or served*.)  À la carte entrées should have a maximum of 480 mg of sodium per item, unless they meet the exemption for NSLP/SBP entrée items. |
| **Grains** | All breads or grain-based products should be whole  grain (whole grains should be listed as the first ingredients).  Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc. | All breads or grain-based products should be whole grain  (whole grains should be listed as the first ingredients).  Grain items include crackers, granola bars, chips, bakery items, pasta, rice, etc. |
| **Caffeine** | Foods and beverages in all schools must be caffeine- free, with the exception of trace amounts of naturally occurring caffeine. | Foods and beverages available in elementary and middle schools must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine.  Caffeinated foods and beverages are permitted to be sold in high schools |
| **Artificial**  **Sweeteners** | Artificial sweeteners are not permitted. | Artificial sweeteners are permitted. |
| **Accompaniments** | All accompaniments must be included in the nutrient profile as part of the item served. | All accompaniments must be included in the nutrient profile as part of the item served. |
| **Sugar-free Chewing**  **Gum** | There is no exemption for sugar-free chewing gum. | Sugar-free chewing gum is permitted. |
| **School Lunch/ Breakfast Program** | There is no exemption for NSLP/SBP entrées. | Entrée items sold as part of the NSLP/SBP are exempt from competitive food standards. |
| **Timing** | From midnight before to 30 minutes after the end of  the official school day | From midnight before to 30 minutes after the end of the  official school day |
| **Fundraising** | Massachusetts standards do not apply to fundraisers. | State education agency must set a limited frequency for the number of allowable fundraisers. In the absence of an allowable number of exemptions, the number remains zero. |

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