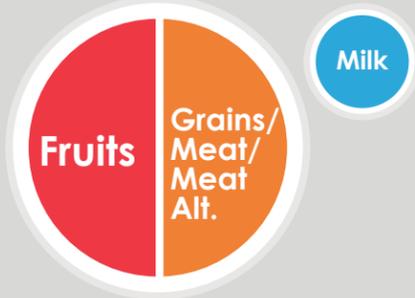




SchoolFood Nutritional Standards

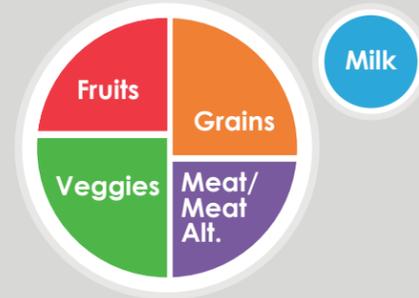
Breakfast

At breakfast, schools must offer students all 3 required food components.



Lunch

At lunch, schools must offer students all 5 required food components.



USDA Weekly Average Nutrient Requirements

NYC Health Nutritional Standards

Breakfast			Lunch				Meals / Snacks Served ³	Snack Standards ⁴
K-8	6-8	9-12	K-8	6-8	9-12		Standards based on serving size	
400-500	400-550	450-600	600-650	600-700	750-850	Calories	Refer to USDA requirements (on left)	≤ 200 calories
≤ 540	≤ 600	≤ 640	≤ 1230	≤ 1360	≤ 1420	Sodium	Maximum 480 mg per serving, less for specified items	≤ 200 mg
Not Applicable						Total Fat	≤ 35% of total calories	≤ 7g of fat
Less than < 10%						Sat. Fat	< 10% of total calories	No more than 2g
0g of trans fat per serving						Trans Fat	0g of trans fat per serving	
N/A						Sugar	Cereals must contain ≤ 6g sugar.	
Our meals average 14g of fiber per day						Fiber	Grain items must contain 2g or more of fiber per serving	

Schoolfood exceeds USDA and NYC Agency food standards

Meals are evaluated through our database and surpass USDA/NYC nutrient requirements.

All breads and grains offered are at least 51% whole grain rich and contain at least 2g of Fiber per serving.

Total sugars, protein, cholesterol, iron, calcium, Vitamin A, and Vitamin C are additionally evaluated.

Serve vegetables from different subgroups (dark green, red-orange, beans-legumes, starchy & others) to ensure we are offering students a diverse nutrient profile.

Our menu is completely pork free.

Our NY Thursday initiative offers locally produced breads, fresh fruits, yogurts and entrées that are all made right here in NY!

All hamburgers contain 100% Beef, and we use 100% Grass Fed Beef when available.

Serve on compostable and bio-degradeable plates.

Our strict prohibited ingredient list keeps chemicals such as MSG, HFCS, Artificial colors and artificial flavors out of student's meals. (see link below for full list of prohibited ingredients).

Fresh fruits and Salad Bar offered daily.

All chicken that is served is certified antibiotic free (ABF).

Refrigerated water jets located in cafeterias in 839 schools.