

CUPERTINO UNION ELEMENTARY SCHOOL DISTRICT

NUTRITION GUIDELINES

FOOD ITEMS SOLD A LA CARTE TO STUDENTS

ELEMENTARY SCHOOLS

Snack Items

- Not more than 35% of total calories from fat (nuts, seeds, individually packaged cheese exempt)
- Not more than 10% of total calories from saturated fat (individually packaged cheese exempt)
- Not more than 35% of total weight from sugar, including naturally occurring and added sugar (fruits and vegetables exempt)
- Not more than 175 calories per individual food item

Beverage Items

- No less than 50% fruit/vegetable-based juice; no added sweetener
- Drinking water with no added sweetener
- 2%, 1%, nonfat, soy, rice, or other nondairy milk

MIDDLE SCHOOLS

Snack/Entrée Items

- Not more than 35% of total calories from fat (nuts, seeds, individually packaged cheese exempt)
- Not more than 10% of total calories from saturated fat (individually packaged cheese exempt)
- Not more than 35% of total weight from sugar, including naturally occurring and added sugar (fruits and vegetables exempt)
- Not more than 250 calories per individual snack item
- Not more than 400 calories per individual entrée item
- Not more than 4 grams fat per 100 calories in entrée items

Beverage Items

- No less than 50% fruit/vegetable-based juice; no added sweetener
- Drinking water with no added sweetener
- 2%, 1%, nonfat, soy, rice, or other nondairy milk
- Electrolyte replacement containing no more than 42 grams of added sweetener per 20oz serving

