



WEST RUSK RAIDERS

Raider Café
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Food Service Department

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WEST RUSK RAIDER FOOD SERVICE NUTRITION STANDARDS FOR FOODS

Any food sold in school must:

- * Be a “whole grain-rich” grain product ; or
 - *Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
 - *Be a combination food that contain at least 1/4 cup of fruit and or vegetable or
 - *Contain 10% of the daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- Food must also meet several nutrient requirements:

Calorie Limits:

- snack item: = or < 200 calories
- entree items: = or < 350 calories

Sodium Limits:

snack items: =< 230 mg
entrée items: =< 480 mg

Fat Limits

Total fat: =< 35% of calories
Saturated fat: =< 10% of calories
Trans fat: zero grams
Sugar limit: =, 35% of weight from total sugars in foods

Accompaniments:

Accompaniments such a cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

- All school may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary school may sell up to 8 ounce portions, while middle and high schools may see up to 12 ounce portions of milk or juice. There is no portion size limit for plain water
Beyond this, the standards allow additional “no calorie” beverage options for high school students.

No more that 20 ounce portions of calorie free, flavored water (with or without carbonation); and other flavored and or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or =< 10 calories per 20 fluid ounces.

*No more that 12-ounce portions of beverage with =< 40 calories per 8 fluid ounces or +< 60 calories per 12 ounces, Healthy Fundraisers

*Food items that meet nutrition standards are not limited

*The standards do not apply during non-school hours, on weekends, and at campus fundraising events.