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Missouri Eat Smart Guidelines – Grades Pre – K-12, 2nd Ed.

School Meals: National School Lunch Program (NSLP) & School Breakfast Program (SBP)		
MINIMUM: All school meals comply with USDA regulations and state policies. <input type="checkbox"/>		
INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
<p>BREAKFAST:</p> <p>At least 50% of cereals offered contain:</p> <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. <input type="checkbox"/>	<p>BREAKFAST:</p> <p>At least 50% of cereals offered contain:</p> <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. and at least 1 gram of fiber per serving. <input type="checkbox"/>	<p>BREAKFAST:</p> <p>100% of cereals offered contain:</p> <ul style="list-style-type: none"> no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. Excludes cereals with real fruit. and at least 2 grams of fiber per serving. <input type="checkbox"/>
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"/>	Foods containing whole grains are offered daily. <input type="checkbox"/>
Fresh, canned, dried or frozen fruits or vegetables (excluding juice) are offered at least 3 days a week. <input type="checkbox"/>	Fresh, canned, dried or frozen fruits or vegetables (excluding juice) are offered daily. <input type="checkbox"/>	Fresh fruits or vegetables (excluding juice) are offered daily. <input type="checkbox"/>
At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/>	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/>	Only the following will be offered daily: low fat (1% or ½%) <u>and</u> skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/>

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<p>LUNCH:</p> <p>A main dish with total fat ≤ 16 grams per serving is offered at least 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>LUNCH:</p> <p>A main dish with total fat ≤ 16 grams per serving is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>LUNCH:</p> <p>• A main dish with total fat ≤ 12 grams per serving is offered daily.</p> <ul style="list-style-type: none"> • 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. • Zero grams of trans fat per serving. <p style="text-align: right;"><input type="checkbox"/></p>
<p>Dark green or orange vegetable or fruit is offered 1 time a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Dark green or orange vegetable or fruit is offered 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Dark green or orange vegetable or fruit is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Fresh fruits or raw vegetables are offered 1 to 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Fresh fruits or raw vegetables are offered 4 to 5 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Fresh fruits or raw vegetables are offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>A food item containing whole grains is offered at least 1 time a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>A food item containing whole grains is offered 3 times a week.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>A food item containing whole grains is offered daily.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>At least one of the following will be offered daily: low fat (1% or ½%) <u>or</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only the following will be offered daily: low fat (1% or ½ %) <u>and</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only the following will be offered daily: low fat (1% or ½ %) <u>and</u> skim (nonfat) milk, unflavored or flavored.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>Reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Only reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p>Portion-controlled 1 fluid oz. or 2 tablespoons serving of only reduced-fat and/or fat-free salad dressing(s) are offered.</p> <p style="text-align: right;"><input type="checkbox"/></p>

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A 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.

MINIMUM: A 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.

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/> 	<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/> 	<p>A LA CARTE FOOD ITEMS include the following:</p> <ul style="list-style-type: none"> Main dishes are comparable in portion sizes to any food item served in the NSLP or SBP. <input type="checkbox"/>
<ul style="list-style-type: none"> Fruits and vegetables. <input type="checkbox"/> 	<ul style="list-style-type: none"> Fruits and vegetables. <input type="checkbox"/> 	<ul style="list-style-type: none"> Fruits and 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"/> 	<ul style="list-style-type: none"> Low-fat and/or nonfat yogurt with no more than 30 grams of total sugars per 8 oz serving. <input type="checkbox"/>
<p>Other items – At least 50% of items offered meet the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <input type="checkbox"/> 	<p>Other items – At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. 	<p>Other items – 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <ul style="list-style-type: none"> 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. Zero grams of trans fat per serving.

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	<p>Other items (cont'd)– At least 50% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> • Calories – No more than 200 calories per selling unit. <p style="text-align: right;"><input type="checkbox"/></p>	<p>Other items (cont'd)– 100% of items offered meet all of the following criteria:</p> <ul style="list-style-type: none"> • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. • Sodium – 200 mg or less per serving. • Calories – No more than 200 calories per selling unit. <p style="text-align: right;"><input type="checkbox"/></p>
<p>A LA CARTE BEVERAGES includes the following:</p> <ul style="list-style-type: none"> • Water. <input type="checkbox"/> • Milk, unflavored or flavored. <input type="checkbox"/> • 50-100% juice. <input type="checkbox"/> 	<p>A LA CARTE BEVERAGES include the following:</p> <ul style="list-style-type: none"> • Water, without flavoring, additives, or carbonation. <input type="checkbox"/> • Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/> • 100% juice. <input type="checkbox"/> • Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. <input type="checkbox"/> 	<p>Only the following A LA CARTE BEVERAGES are served:</p> <ul style="list-style-type: none"> • Water, without flavoring, additives, or carbonation. <input type="checkbox"/> • Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored. <input type="checkbox"/> • Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. serving. <input type="checkbox"/> • 100% juice, 8 fluid oz. or less. <input type="checkbox"/> • Calcium-fortified soy or rice beverages may be offered, unflavored. <input type="checkbox"/> • Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. serving may be offered. <input type="checkbox"/>

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Vending: Machines and School Stores		
<p>MINIMUM: All vended foods and beverages are sold 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. <input type="checkbox"/></p>		
INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Intermediate)	EXEMPLARY (More Healthful than Advanced)
		The sale of vended foods and beverages does not exist in areas accessible to students. <input type="checkbox"/>
OR		
The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students: <ul style="list-style-type: none"> in elementary and middle schools until after the end of school day. In high schools until one hour after the end of the last lunch 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: <ul style="list-style-type: none"> in elementary and middle schools. in high schools until after the end of the school day. <input type="checkbox"/> 	The sale of Foods of Minimal Nutritional Value (see definition) are not allowed on school property in areas accessible to students: <ul style="list-style-type: none"> in elementary and middle schools. in high schools. <input type="checkbox"/>
The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. <input type="checkbox"/> 	The sale of OTHER VENDED FOODS – At least 50% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. 	The sale of OTHER VENDED FOODS – 100% of items offered must meet all of the following criteria: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. Zero grams of trans fat per serving.

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	<p>The sale of OTHER VENDED FOODS (cont'd)– At least 50% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. • Calories – No more than 200 calories per selling unit. <input type="checkbox"/> 	<p>The sale of OTHER VENDED FOODS (cont'd) – 100% of items offered must meet all of the following criteria:</p> <ul style="list-style-type: none"> • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories) per serving. • Sodium – 200 mg or less per serving. • Calories – No more than 200 calories per selling unit. <input type="checkbox"/>
<p>BEVERAGES – At least 50% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> • Water. <input type="checkbox"/> • Milk, unflavored or flavored. <input type="checkbox"/> • 50-100% juice. <input type="checkbox"/> 	<p>BEVERAGES – At least 50% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> • Water, without flavoring, additives or carbonation. <input type="checkbox"/> • Only low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <input type="checkbox"/> • 100% juice. <input type="checkbox"/> • Calcium-fortified soy or rice beverages may be offered, unflavored or flavored. <input type="checkbox"/> 	<p>BEVERAGES – 100% of items offered must including the following: <input type="checkbox"/></p> <ul style="list-style-type: none"> • Water, without flavoring, additives or carbonation. <input type="checkbox"/> • Only low-fat (1% or ½%) and/or skim (nonfat milk), unflavored. <input type="checkbox"/> • Flavored milk, low fat (1% or ½%) and/or skim (nonfat) with no more than 24 grams of total sugars per 8 fluid oz. portion. <input type="checkbox"/> • 100% juice, 8 fluid oz. or less. <input type="checkbox"/> • Calcium-fortified soy or rice beverages may be offered, unflavored. <input type="checkbox"/> • Calcium-fortified, flavored soy or rice beverages with no more than 24 grams of total sugars per 8 fluid oz. portion may be offered. <input type="checkbox"/>

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Before and After School Programs: Snacks are served regardless of funding source.

MINIMUM: “Snack” is two or more items that are served as a unit. If served under the USDA Before or After School Snack Program, the food items comply with all applicable federal regulations and state policies.

INTERMEDIATE (More Healthful than Minimum)	ADVANCED (More Healthful than Minimum)	EXEMPLARY (More Healthful than Advanced)
<p>On at least 3 days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories) per serving. • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice. • Milk, unflavored or flavored. <p style="text-align: right;"><input type="checkbox"/></p>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories). • Sugar – Except for fruit without added sugar, no more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice. • Milk, unflavored or flavored. <p style="text-align: right;"><input type="checkbox"/></p>	<p>On all days of the week, snacks meet the following standards:</p> <ul style="list-style-type: none"> • Fat – Except for cheese, nuts, seeds and nut butters, no more than 35% of total calories from fat (less than 4 grams of fat per 100 calories). <ul style="list-style-type: none"> • 10% or less of calories from saturated fat (1 gram of fat per 100 calories) per serving. • Zero grams of trans fat per serving. • Sugar – Except for fruit without added sugar, not more than 35% of calories from sugar (less than 9 grams of sugar per 100 calories). • 100% juice, 8 fluid oz. or less. • Low-fat (1% or ½%) and/or skim (nonfat) milk, unflavored or flavored. <p style="text-align: right;"><input type="checkbox"/></p>

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OTHER: Classroom Rewards, Classroom Parties & Celebrations, Fundraisers, Intramural Events	
MINIMUM: All foods and beverages 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. <input type="checkbox"/>	
INTERMEDIATE & ADVANCED (More Healthful than Minimum)	EXEMPLARY (More Healthful than Advanced)
<ul style="list-style-type: none"> Students are encouraged to have individual water containers in the classroom. 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. Fundraising and intramural activities are supportive of physical activity and healthy eating. <div style="text-align: right; text-align-align: right;"><input type="checkbox"/></div> <p style="margin-top: 10px;">Consideration of the following points should be given for classroom parties and celebrations:</p> <ul style="list-style-type: none"> Types of foods and beverages available. Limiting the frequency of event. Scheduled after the lunch period. <div style="text-align: right;"><input type="checkbox"/></div>	<p>The following points are applied for classroom parties and celebrations:</p> <ul style="list-style-type: none"> No more than 3 events per school year. Always scheduled after the lunch period. Non-food activities are included. <div style="text-align: right;"><input type="checkbox"/></div> <p style="margin-top: 10px;">In the event food is offered, the following points should be considered:</p> <ul style="list-style-type: none"> Fresh or dried fruit (no sugar added), raw vegetables or both are included. Whole grain food is included. Water is included. <div style="text-align: right;"><input type="checkbox"/></div>

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Environmental Factors: Student participation in the Child Nutrition Programs is promoted to facilitate good nutrition and academic learning.		
EXEMPLARY		
<p>BREAKFAST:</p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> Encouraging conversation for the development of social skills. Providing 10 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <p style="text-align: right;"><input type="checkbox"/></p>	<p>LUNCH:</p> <p>Schools encourage a relaxed dining experience by:</p> <ul style="list-style-type: none"> Encouraging conversation for the development of social skills. Providing 20 minutes to eat for all students. The time begins once a student sits at a table to the time s/he leaves it. <p style="text-align: right;"><input type="checkbox"/></p>	<p>LUNCH:</p> <p>At the elementary level, lunch periods follow recess periods.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p>All MEALS:</p> <ul style="list-style-type: none"> Safe drinking water is available to students during meals. Convenient access to facilities for hand washing and oral hygiene is available. <p style="text-align: right;"><input type="checkbox"/></p>	<p>ALL MEALS:</p> <ul style="list-style-type: none"> Schools operate “closed” campuses during meal periods to encourage students to eat a nutritious lunch. <p style="text-align: right;"><input type="checkbox"/></p>	<p>MARKETING AND ADVERTISING:</p> <ul style="list-style-type: none"> Food and beverage marketing is limited to the promotion of foods and beverages that meet the nutrition standards in the exemplary category. The promotion of fruits, vegetables, whole grains and low-fat dairy products are encouraged. <p style="text-align: right;"><input type="checkbox"/></p>

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DEFINITIONS:

Bottled water or drinking water is defined in *21 CFR § 165.110*. This section establishes a standard of identity and a standard of quality for bottled water. Under the standard of identity (165.110[a]), FDA describes bottled water as water that is intended for human consumption and that is sealed in bottles or other containers with no added ingredients except that it may contain safe and suitable antimicrobial agents. Fluoride also may be added within the limits set by the FDA. The name of the food is "bottled water" or "drinking water."

Foods of Minimal Nutritional Value (FMNV) are those foods as defined in federal regulations for the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7CFR 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 as 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 four levels of nutrition standards for schools: minimum, intermediate, advanced and exemplary. 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.

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 percentage of calories from sugar: 1) Multiply total grams of sugar in one serving by 4. 2) Divide this number by the amount of calories per serving. 3) Multiply by 100.