

# Smart Snacks @ OUSD

All foods and beverages sold or provided to students during the school day must follow federal, state and district nutrition regulations. This includes:

- ✔ Classroom snacks from parents
- ✔ Classroom celebrations & parties
- ✔ Food sold on campus from midnight until 30 min after the school bell
- ✔ Birthday treats
- ✔ Treats given as rewards/incentives

Use the simple online calculator to find out if you're item is a Smart Snack:

[www.projectlean.org](http://www.projectlean.org)



To qualify as a **SMART SNACK** or **ENTRÉE**:

- Snack must be a grain product that contains *whole grains* as the 1st ingredient; or
- Have a **FRUIT, VEGGIE, DAIRY PRODUCT**, or **PROTEIN FOOD** as the 1st ingredient; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; and
- Must meet the nutrient standards for calories, sodium, sugar, and fats.

	Snack	Entrée
Calories	200 cal	350 cal
Sodium	200 mg	480 mg
Total Fat	35% of calories	35% of calories
Sat. Fat	<10% of calories	<10% of calories
Trans Fat	0g	0g
Sugar	35% by weight	35% by weight



Orcutt Union School District  
CHILD NUTRITION SERVICES



*We Care About Our Kids!*