



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
- ✓ Food sold on campus from midnight until 30 min after the school bell
- ✓ Classroom celebrations & parties
- ✓ 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



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 Kale About Our Kids!