

**New Guidelines on Snacks Sold During  
the School Day. School Day  
defined as midnight until 30  
minutes after the final bell.**

**Effective July 1, 2014**

**Contact:  
Dr. Becky Domokos-Bays RDSNS  
571-252-1010**

**School Nutrition Services  
Loudoun County Public Schools**

**School Nutrition Services**  
**Loudoun County Public Schools**  
**Smart Snacks in School**  
**USDA's "All Foods Sold in Schools" Standards**  
**1-21-15**

Effective July 1, 2014 USDA published science-based nutrition standards for snacks and beverages sold to students at school during the school day. Virginia's competitive food regulation continues to preclude the sale of food and beverages in competition with school meals.

The Smart Snacks in School standards are applicable during the school day, **which is defined as midnight before to 30 minutes after the end of the instructional day**. If fundraisers sell snacks or beverages within the 30 minutes window after the end of instructional day, they must comply with new Smart Snacks in School nutrition requirements. **Attachment 1.**

While LCPS SNS is already in full compliance, the sale of food and snack items in competition with school meals and the requirement to prohibit sale of snacks that do not meet the Smart Snacks in School Standards for 30 minutes until after the dismissal bell became effective July 1, 2014.

School Nutrition Services recognizes that the sale of snacks after school contributes to school fund raising. To help schools be able to sell snacks that comply with the nutrition standards during the "school day" (30 minutes after the bell rings), SNS will work with schools as requested. USDA and the Alliance for a Healthier Generation has developed a calculator for both snacks and beverages. [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

**Attachments 2 and 3**

Provide a list of snacks and beverages qualifying for sale during the "school day" (30 minutes after the last bell).

**Attachment 4** provides a list of items that can be sold beyond the 30 minute regulation. If your group would like to purchase items, SNS will provide a quote.

**Evaluation of new products by SNS**

Contact Teresa Lucas at [teresa.lucas@lcps.org](mailto:teresa.lucas@lcps.org) for assistance w/evaluation of targeted products with respect to nutritional requirements of the smart snack rule.

# Smart Snacks in School

## USDA's "All Foods Sold in Schools" Standards

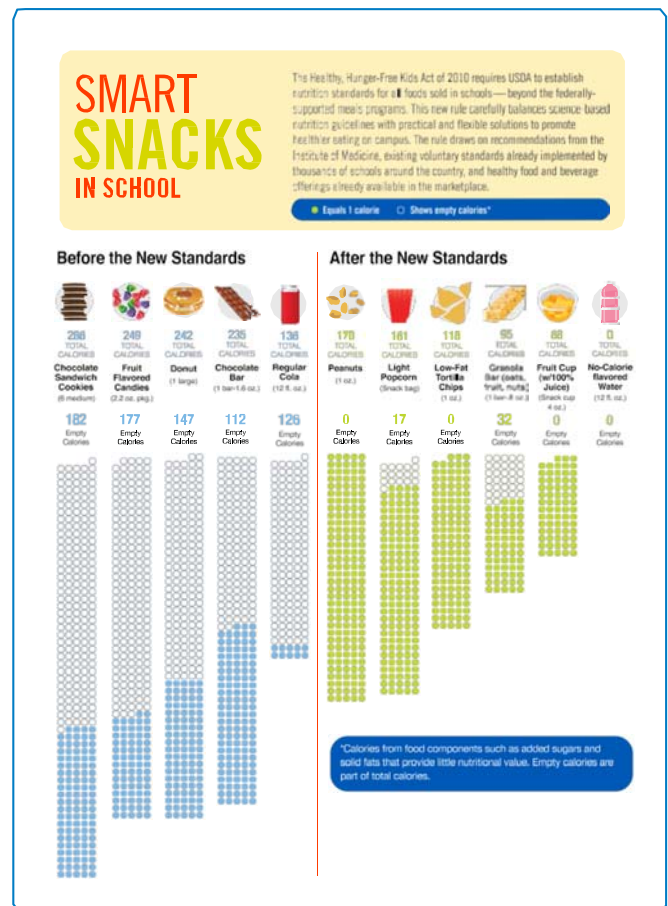
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools 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 contains at least ¼ 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).\*
- **Foods must also meet several nutrient requirements:**
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 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



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## Nutrition Standards for Beverages

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- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by the National School Lunch Program/ School Breakfast Program
  - 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 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 than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

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- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The Standards do not apply if no money is exchanged by students (e.g. donuts for dads, muffins for moms)
- **Accompaniments**
  - Accompaniments such as 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 by accompaniments, which can be significant.


## LCPS Approved Snacks and Beverages

The first 30 minutes after dismissal bell rings, items meeting smart snacks must be served. Below are examples of approved snacks. To assess an item for compliance, contact School Nutrition Services, 571-252-1010 or e-mail [teresa.lucas@lcps.org](mailto:teresa.lucas@lcps.org)

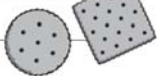
### BAKED CHIPS | GRANOLA | PRETZELS

Cheetos® Baked, 1 oz	
Cheetos® Baked Flamin Hot®, 1 oz	
Cheetos® Puffs Flamin Hot®, 1 oz	
Doritos® - Cool Ranch Reduced Fat, 1 oz	
Doritos® - Nacho Reduced Fat, 1 oz	
Doritos® - Spicy Sweet Chili Reduced Fat, 1 oz	
Frito Lay's Kid's Munchie Mix, 1 oz	
General Mills Fiber One, Oats and Chocolate 1.4 oz	
General Mills Hot and Spicy Chex Mix, .92 oz	
General Mills Simply Chex-Cheddar, .92 oz	
Good Nature Baked Vegetable Ranch Crisps, 1 oz	
Honey Maid Little Squares, 1.6 oz	
Kashi Sundried Basil and Feta Hummus Crisps, 1 oz	
Kellogg's Fruit Crisps - Blueberry, .88 oz	
Kellogg's Kashi Chewy Trail Mix Bar, 1.23 oz	
Kellogg's Nutri Grain Straw Yogurt Bar, 1.3 oz	
Kellogg's Nutri Grain Bar- Apple Cinnamon, 1.55 oz	
Kellogg's Rice Krispie Apple Cinnamon Cereal Bar, 1.3 oz	
Lay's Baked BBQ chips, .875 oz	
Lay's Baked Regular chips, .875 oz	
Lay's Baked Sour Cream & Onion Chips, .875 oz	
Lay's Baked Tostito Scoops, 1 oz	
Lay's Sun Chip Snack Mix - Harvest Cheddar, .875 oz	
Lay's Sun Chip Snack Mix - Salsa, .875 oz	
Nature Valley Oats 'n Honey Granola Bar, 1.5 oz	
Real Deal Baked Veggie Chips, .833 oz	
Rold Gold Hartzels Pretzels, .7 oz	


### COOKIES | FRUIT SNACKS

Chips Ahoy 100 Calorie, .81 oz	
Clif Kid ZBar, Chocolate Brownie, 1.3 oz	
Linden's Cookies - Butter Crunchers, 1.1 oz	
Linden's Cookies - Chocolate Chippers, 1.1 oz	
Oreo Crisps 100 Calorie, .81 oz	
Rice Krispies Treats - Whole Grain, 1.41 oz	
Teddy Graham's - Cinnamon, 1 oz	
Welch's Reduced Sugar Mixed Fruit Snacks, 1.5 oz	


### CRACKERS

Cheese Nips 100 Calorie, .81 oz	
Cheez-It Whole Grain, 1 oz	
Kellogg's Cracker Chip - Sea Salt, .87 oz	
Kellogg's Cracker Chip - Sour Cream & Onion, .87 oz	
Kellogg's Cracker Chip - Cheddar & Sour Cream, .87 oz	

### POPCORN

Indiana Popcorn Kettlecorn, 1. oz	
Popchips - BBQ, .8 oz	
Popchips - Cheddar Sour Cream, 8 oz	
Wise Reduced Fat - Popcorn, .625 oz	
Wise Reduced Fat - White Cheddar Popcorn, .625 oz	

### BEVERAGES

Flavored or Sparkling Waters, 20 oz	
Gatorade G2, 12 oz	
Glaceau Fruitwater, 16.9 oz	
Gold Peak Diet Tea, 18.5 oz	
Naked Juice - Berry Blast, 10 oz	
Naked Juice - Mango, 10 oz	
Powerade Zero, 20 oz	
Propel Zero, 20 oz	
SoBe Life Water, 20 oz	
Soft drinks, diet, 12 oz	
Soft drinks, diet, 20 oz	
Vitamin Water Zero, 20 oz	
Water, 16.9 oz	

**Smart Snacks in School**  
**USDA's "All Foods Sold in Schools" Standards**  
**Approved for 30 minutes after bell**

**Attachment 3**

Approved Snacks and Beverages for 30 Minute Period after Last Bell				
Snack Items			Snack Items	
Baked Lay's Regular .875 oz	60/ cs		Kellogg's Cracker Chip - Cheddar & S Crm .87 oz	3
Baked Lay's BBQ .875 oz	60/cs		Kellogg's Fruit Crisps-Blueberry .88 oz	8 <del>16</del>
Baked Lay's Sour Cream & Onion .875 oz	60/cs		Kellogg's Kashi Chewy Trailmix Bar 1.23 oz	72/ <del>cs</del>
Doritos Spicy Sweet Chili Reduced Fat 1 oz	72/cs		Lay's Sun Chip Snack Mix – Salsa .875 oz	104/ <del>cs</del>
Doritos Nacho Reduced Fat 1 oz	72/cs		Lay's Sun Chip Snack Mix -Harv Ched .875 oz	104/cs
Doritos, Cool Ranch Reduced Fat 1 oz	72/cs	*****	Stacey's Pita Chips-Cinnamon Sugar 1.5 oz	24/cs
Frito Lay's Kid's Munchie Mix 1 oz	104/cs		GM Fiber One, Oats & Chocolate 1.4 oz	128/cs
Baked Lay's Tostito Scoops 1 oz	72cs		GM Simply Chex Cheddar .92 oz	60/cs
Baked Cheetos Flamin Hot 1 oz	104cs		GM Hot & Spicy Chex Mix .92 oz	60/cs
Cheetos Puffs Flamin Hot 1 oz	72/cs		Indiana Popcorn-Kettle corn 1. oz	48/cs
Baked Cheetos 1 oz	104/cs		<b>Beverage Items</b>	
Pop Chips - Cheddar Sour Cream.8 oz	72/cs		Water 16.9 oz	24/cs
Pop Chips- BBQ .8 oz	72/cs		Flavored or Sparkling Waters 20 oz	24/cs
Good Nature Baked Vegetable Ranch Crisps 1 oz	30/cs		Powerade Zero 20 oz	24/cs
Kashi Sundried Basil & Feta Hummus Crisps 1 oz	36/cs		Gatorade G2 12 oz only	24/cs
Rold Gold Heartzels Pretzels .7 oz	104/cs		Diet Soft Drinks 12 oz	24/cs
Rice Krispie Treats - Whole Grain 1.41 oz	80/cs		Diet Soft Drinks 20 oz	24/cs
Teddy Graham's – Cinnamon 1 oz	48/cs		SoBe Life Water 20 oz	24/cs
Linden's Cookies-Butter Crunchers 1.1 oz	63/cs		Gold Peak Tea, Diet 18.5 oz	24/cs
Linden's Cookies-Chocolate Chippers 1.1 oz	63/cs		Propel Zero 20 oz	24/cs
100 Calorie Chips Ahoy .81 oz	72/.cs		Naked Juice – Mango 10 oz	8/cs
100 Calorie Oreo Crisps .81 oz	72/cs		Naked Juice - Berry Blast 10 oz	8/cs
Honey Maid Lil Squares 1.6 oz	72/cs			
100 Calorie Cheese Nips .81 oz	72/cs		ITEMS NOT APPROVED FOR 30 MINUTE PERIOD AFTER LAST BELL	
Cheez-its Whole Grain 1 oz	60/cs		<b>Entrees- Calories and Sodium too High</b>	
Wise Reduced Fat Popcorn .625 oz	60/cs		Domino's Lg Hand Tossed Crust Cheese Pizza	1 slice
Wise Reduced Fat White Chdr Popcorn .625 oz	60/cs		Domino's Lg Hand Tossed Crust Pepperoni Pizza	1 slice
Real Deal Baked Veggie Chips .833 oz	36/cs		Papa John's Lg Original Crust Cheese Pizza	1 slice
Welch's Reduced Sugar Mixed Fruit Snacks 1.5 oz	144/cs		Papa John's Lg Original Crust Pepperoni Pizza	1 slice
Kellogg's Rice Krispie Apple Cinn Cereal Bar 1.3 oz	96/ cs		Pizza Hut Lite Cheese Pizza	1 slice
Kellogg's Nutri Grain Straw Yogurt Bar 1.3 oz	96/cs		Pizza Hut Lite Peperoni Pizza	1 slice
Kellogg's Nutri Grain Bar- Apple Cinnamon 1.55 oz	96/cs		Chick Fil-A Chicken Sandwich	1 sand
Kidz Z-Bar, Chocolate Brownie 1.3 oz	36/cs		Subway Sandwich	1 sand
NV Oat & Honey Granola Bar 1.5 oz	128/cs		<b>Candy and Gum – Sugar Content too High</b>	
Kellogg's Cracker Chip- Sea Salt .87 oz	36/cs		Hamburgers	1 sand
Kellogg's Cracker Chip- Sr Crm & Onion .87 oz	36/cs		Hot Dogs	1 sand
			Soft Drinks, regular	-

**School Nutrition Services**  
**Loudoun County Public Schools**

**Snacks and Beverages That Can be Sold After 30 Minute Time Regulation**

**Attachment 4**

<b><i>Snacks and Beverages that can be sold after 30 minute Time Regulation- No Restrictions</i></b>		
<b>Snack Items</b>		
Doritos, Nacho 1 oz	104/cs	
Famous Amos Chocolate Chip Cookies 2 oz	60/cs	
Cheese & Peanut Butter Crackers 8 slv	96/cs	
GM Chex Mix- Traditional 1.75 oz	60/cs	
Wheat Thins 1.75 oz	72/cs	
Planters Lightly Salted Peanuts 2 oz	144/cs	
Planters Honey Roasted Peanuts 2 oz	144/cs	
Sunchips Harvest Cheddar 1 oz	104/cs	
Sunchips Original 1 oz	104/cs	
Sunchips Garden Salsa 1 oz	104/cs	
Snackwells Vanilla Crème 1.7 oz	60/cs	
Barnum Animal Cookies 2 oz	72/cs	
Kraft- Cheese & Crackers-Crackerfuls 1 oz	72/cs	
<b>CANDY may only sold during this time period due to Nutrient Content</b>		
M & M Peanuts	48/box	
M & M Plain	48/box	
Skittles	36/box	
Snickers	48/box	
3 Musketeers	36/box	
Butterfingers	36/box	
Hershey Peanut Butter Cup	36/box	
Hershey Twizzlers	36/box	
Milky Way	36/box	
Twix	36/box	
<b>Beverage Items</b>		
Regular Soft Drinks 12 oz	24/cs	
Regular Soft Drinks 20 oz	24/cs	
Gatorade 20 oz	24/cs	
Powerade 20 oz	24/cs	
Smoothies	24 oz	

# Loudoun County Public Schools

## Smart Snacks After School Update

LCPS Food and Nutrition Services has made contact with several corporations to identify other products that meet the Smart Snacks Guidelines.

The following items are approved for fundraiser sales during the school day (30 minutes after the bell)

Not all stores have the ingredients in stock to make the products listed below, but may be able to obtain them if given notice. Schools should contact

the local stores in advance to work out the orders.

These items may not be sold during scheduled meal times.



### Pizza



Papa John's© School Lunch:  
14" Whole Wheat Lite Cheese  
-10 slices



Pizza Hut© A La Carte A+ Pizza Program:  
14" Whole Wheat Lite Cheese or  
Lite Reduced Fat/Sodium Pepperoni  
- 8 slices



Domingo's© A La Carte Smart Slice:  
14" Whole Grain Crust #12141 (Cheese)  
- 8 slices



### Sandwiches



Subway© Mini Subs (3"): Must be on 9-Grain Wheat bread, without cheese or condiments. Approved toppings include lettuce, tomatoes, onions, green peppers and cucumbers. Approved meats include Black Forest Ham, Roast Beef, and Turkey. "Veggie" mini sub is also approved.



To assess an item for compliance, contact SNS 571-252-1010 or [Teresa.Lucas@lcps.org](mailto:Teresa.Lucas@lcps.org)  
USDA is an equal opportunity provider and employer. This may take several days. Your patience is appreciated.

8/18/14

guaranteed fresh until printed date.

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GREAT NEW TASTE  
★



# Oven Baked

## Barbecue FLAVORED

**Lay's**  
*Oven Baked*  
*Goodness from the Oven!*



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**65% LESS FAT**  
than regular potato chips

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LASS-3506A/7F LAP 30042971

POTATO CRISPS

NET WT. 7/8 OZ. (24.8 g)

\*65% less fat than regular potato chips  
Fat content of regular potato chips is 10g per 1 oz. serving;  
fat content of these snacks is 3g per 1 oz. serving  
This package contains 7/8 oz.

### Nutrition Facts

Serving Size 1 package  
Servings Per Container 1

Amount Per Serving		% Daily Value*	
<b>Calories</b>	110	Calories from Fat	25
<b>Total Fat</b>	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	0.5g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	170mg		7%
<b>Potassium</b>	190mg		6%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	2g		6%
Sugars	3g		
<b>Protein</b>	2g		

Vitamin A 2% • Vitamin C 2%  
Calcium 0% • Iron 0%

Niacin 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

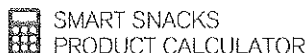
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Dextrose, Soy Lecithin, Molasses (Contains Wheat Starch and Soy Flour), Onion Powder, Brown Sugar, Fructose, Natural Flavors (Contains Milk, Barley, and Chicken), Torula Yeast, Chili Pepper, Tomato Powder, Soybean Oil, Garlic Powder, Citric Acid, Spices, Paprika Extract, Yeast Extract, and Annatto Extract (Color).  
CONTAINS WHEAT, SOY, AND MILK INGREDIENTS.

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**Smart Snacks  
Product Calculator  
Results**

Brand:  
**Frito Lay**

Product Name:  
**BBQ Potato Crips**

Serving Size:  
**24.80 g**

First Ingredient:  
**Potatoes**

• Your vegetable product meets all nutrient standards.

**Nutrition Facts**

Serving Size 24.80 g ⓘ

Amount Per Serving

**Calories 110** **Calories from Fat 25**

**Total Fat (g) 2.5**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 170**

**Carbohydrates**

Sugars (g) 3

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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