

Entrée Criteria



A. Less than 35% total fat and less than 20% saturated fat or
B. Less than 40% total fat and less than 25% saturated fat*



Less than 50% total fat and less than 25% saturated fat



More than 50% total fat and more than 25% saturated fat

Meat Criteria



Less than 40% total fat and less than 25% saturated fat



Less than 55% total fat and less than 45% saturated



More than 55% total fat and more than 45% saturated fat

Cereal & Grains



A. < 25% total fat, < 10% saturated fat, > 2g total fiber or
B. < 20% total fat, < 10% saturated fat, > 2g total fiber
Dry cereals contain no more than 6g sucrose and other sugars per ounce (applies to A & B).



25–35% total fat, less than 10% saturated fat,
less than 2g total fiber



More than 35% total fat, more than 10% saturated fat,
less than 2g total fiber

Cheese Criteria



Less than 40% total fat and less than 25% saturated fat



Less than 70% total fat and less than 45% saturated fat



More than 70% total fat and more than 45% saturated fat

Milk Criteria



1% or skim unflavored



1% or skim flavored or 2% unflavored



2% flavored or whole unflavored
(not available for school meals)

Fruits & Veggies



No sugar or fat added
All fresh or frozen fruits and vegetables. Canned fruit in its own juice.



Some fat or added sugar
Oven fried potatoes, fruit in light syrup.



More fat or added sugar
Deep fried vegetables, fruit in heavy syrup. (not available in school meals)