

Albemarle County Public Schools

Child Nutrition Program

Nutritional Guidelines and Standards

As part of the National School Meal Program, the Child Nutrition Program (CNP) follows the nutritional regulations set by the United States Department of Agriculture (USDA). These standards are aligned with the Dietary Guidelines for Americans and include a variety of fruits, vegetables, whole grains, low fat and fat-free milk in school meals and meet the nutritional needs for school children within their calorie requirements. In addition, Albemarle County CNP has the following nutritional standards in place based on recommendations made by the Institute of Medicine of the National Academies of Science.

- Fruit and vegetable options with lunch include at least one fresh (raw) item.
- Limited portion size of French fries. French fries are not available a la carte and no extra servings sold with a meal.
- Food items contain no artificial sweeteners.
- Cooking methods are bake and steam. There are no deep fryers in the cafeteria.

In regards to snack items (generally as supplementing a meal) the following nutritional standards apply;

- Each item will be less than 200 calories
- Each item will have no more than 35% by weight of sugar, except fresh, dried or canned fruits and vegetables, without sweeteners.
- Each item will have no artificial sweetener.
- Each item will have no artificial Trans fats.
- Each item will have no more than 35% of total calories from fat, except nuts and seeds
- Each item will have less than 10% calories from sat. fat.
- Each item will have no more than 200 mg sodium per portion as packed.
- Ice cream products meet the listed standards and are offered once per week. (100% frozen juice may be offered daily)
- Cookies are reduced fat and 51% whole grain and offered once per week at elementary and middle schools.
- High Schools are allowed to offer ice cream products and cookies daily.

Revised March, 2015