SY 2021-2022
All Schools
Allowable Competitive Foods/Beverages – Maximum Portion Size List

(Prepared March 18, 2021)

Competitive Foods/Beverages sold anywhere on the school campus from midnight until 30 minutes after the end of the school day must meet both these Arkansas Nutrition Standards and the USDA Smart Snacks Regulations as well as not exceeding the product specific Maximum Portion Sizes.

From the beginning of school day until 30 minutes after the last lunch period, no competitive food or beverage may be sold on the school campus outside the cafeteria.

Vending machines are not allowed for student access at Elementary Schools.

### General Nutrition Standards

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); 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; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

<table>
<thead>
<tr>
<th>Calories</th>
<th>200 calories or less</th>
<th>Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>200 mg. or less</td>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Sugar</td>
<td>35% by weight or less</td>
<td>Trans Fat</td>
</tr>
</tbody>
</table>

### Competitive Beverages

- Water – non-carbonated, unflavored, unsweetened: Unlimited
- 100% Fruit or Vegetable Juice: 8 oz. Elementary School, 12 oz. Middle & High School
- Fat-free Milk, unflavored or flavored: 8 oz. Elementary School, 12 oz. Middle & High School
- Low-fat Milk, unflavored: 8 oz. Elementary School, 12 oz. Middle & High School

### Portion Restrictions for French Fries/Fried Potato Products for Competitive Foods

<table>
<thead>
<tr>
<th>School Level</th>
<th>Maximum Serving Size</th>
<th>Frequency Limitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary School</td>
<td>Determined by Smart Snack Calculator</td>
<td>One (1) time / week</td>
</tr>
<tr>
<td>Middle through High School</td>
<td>Determined by Smart Snack Calculator</td>
<td>Per Meal Pattern Guidelines</td>
</tr>
</tbody>
</table>

To verify that food and beverage items meet the nutrient standards, check them using the Smart Snack Calculator at [https://foodplanner.healthiergeneration.org/calculator/](https://foodplanner.healthiergeneration.org/calculator/).