

SY 2014-2015
Middle/Junior High/High School
***Allowable Competitive Foods/Beverages - Maximum Portion Size List**

(Approved by the Arkansas Child Health Advisory Committee, April 3, 2014)

Competitive Food or Beverage	Prepared Ready to Serve Maximum Portion Size
Chips (Baked or no more than 7.5 grams of fat per ounce, 0 grams trans-fat), crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit, jerky, pretzels	1.5 ounces
Cookies (0 grams trans-fat)	1.5 ounces
Cereal Bars (0 grams trans-fat)	2.5 ounces
Bakery Items (0 grams trans-fat) (e.g. pastries, muffins, doughnuts) This excludes items that count as two bread components served/sold only at breakfast.	3 ounces
Frozen Desserts , ice cream (no more than 10 grams of fat)	4 ounces
Yogurt	8 ounces
**Fat Free or Low Fat Milk (1 % or less fat) flavored or unflavored	16 ounces
Fruit Juices or Blends of Juices with 100% JUICE	12 ounces
Sweetened Non-carbonated Beverages (less than or equal to 15 grams sugar/serving; less than or equal to 55 mg caffeine/serving)	12 ounces
**Water – non-carbonated, unflavored, unsweetened	Unlimited
***Foods of Minimal Nutritional Value (FMNV) listed below:	
Carbonated Beverages (less than or equal to 15 grams sugar/serving; less than or equal to 55 mg caffeine/serving)	12 ounces
Fruit Snacks – fortified with Vitamin C	2.5 ounces

*Outside the cafeteria serving and eating area, the “Allowable Competitive Foods/Beverages” can only be sold 30 minutes after the last lunch period has ended.

** All FMNV or competitive food beverages sold to students will be restricted to no more than 12 ounces per vended container. The only exceptions are a maximum of 16 ounces for fat free (skim) and low fat (1%) milk and unlimited portion size for unsweetened, unflavored water.

***FMNV (Carbonated Beverages and Fruit Snacks) cannot be served or sold in the cafeteria and cannot be purchased with funds from the non-profit school food service account.

Portion Restrictions for French Fries/Fried Potato Products

School Level	Maximum Serving Size Deep Fat Fried Potato Products	Frequency Limitations to Serving Deep Fat Fried Potato / Sweet Potato Products
Elementary School	3/4 cup	One (1) time / week
Middle School	1 cup	Restricted to a ratio of one to six menu items
Junior High School	1 cup	Restricted to a ratio of one to six menu items
High School	1 1/2 cups	Restricted to a ratio of one to six menu items