

## Second Trays = a la carte

Meet definition of competitive food: all food and beverages other than meals reimbursed (**second meals are not reimbursable**) under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the *School campus* during the *School day*.

### Whole Tray

### Side Dishes

### Entrée

**Day of Service in  
the Reimbursable  
Meal OR  
Day after Service**

**NOT the Day of  
Service or Day after  
Service in the  
Reimbursable Meal**

**Entrée Exempt**

**Entrée NOT Exempt**

### Side Dishes

#### Must Meet BOTH Smart Snack and AR Nutrition Standards Everyday

- 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  $\frac{1}{4}$  cup of fruit and/or vegetable;  
**AND**
- Meet Arkansas Nutrition Standards

#### INCLUDING:

- $\leq 200$  calories
- $\leq 230$  mg sodium
- $\leq 35\%$  of calories from fat
- $< 10\%$  of calories from saturated fat
- Zero grams of trans fat
- $\leq 35\%$  of weight from total sugars

#### Entrées that are NOT Exempt must meet Smart Snacks Regulations:

- 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  $\frac{1}{4}$  cup of fruit and/or vegetable;  
**AND**
- Meet Arkansas Nutrition Standards

#### INCLUDING:

- $\leq 350$  calories
- $\leq 480$  mg sodium
- $\leq 35\%$  of calories from fat
- $< 10\%$  of calories from saturated fat
- Zero grams of trans fat
- $\leq 35\%$  of weight from total sugars