

SY 2022-2023  
All Schools  
Allowable Competitive Foods/Beverages – Maximum Portion Size List

(Approved January 20, 2022)

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			
<ul style="list-style-type: none"> <li>• Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or</li> <li>• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or</li> <li>• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and</li> <li>• The food must meet the nutrient standards for calories, sodium, sugar, and fats:</li> </ul>			
Calories	200 calories or less	Total Fat	35% of calories or less
Sodium	200 mg. or less	Saturated Fat	Less than 10% of calories
Sugar	35% by weight or less	Trans Fat	0 gm
Competitive Beverages			Prepared Ready to Serve Maximum Portion Size
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 or Low-fat Milk, unflavored			8 oz. Elementary School 12 oz. Middle & High School
High School only			
Low and no-calorie, carbonated and non-carbonated beverages, 15 gm or less sugar/12 oz. AND 55 mg or less caffeine /12 oz.			12 ounces

**To verify that food and beverage items meet the nutrient standards, check them using the Smart Snack Calculator at <https://foodplanner.healthiergeneration.org/calculator/>.**

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

School Level	Maximum Serving Size	Frequency Limitations
Elementary School	Determined by Smart Snack Calculator	One (1) time / week
Middle through High School	Determined by Smart Snack Calculator	Per Meal Pattern Guidelines