

**HealthierUS School Challenge  
Comparison of 2004 and 2008 Criteria**

**HealthierUS School Challenge Lunch Menu Criteria**

<b>2004 Criteria</b>	<b>2008 Criteria</b>
Three different fruits and five different vegetables offered each week	Five different fruits offered each week (minimum ¼ cup serving) <ul style="list-style-type: none"> <li>• 100% fruit juice can only be offered once per week</li> </ul> <i>Gold/Gold Award of Distinction:</i> 2 days/week fruit must be served fresh <i>Silver/Bronze:</i> 1 day/week fruit must be served fresh Keep existing criteria for vegetables (minimum ¼ cup serving)
Dark green or orange vegetables or fruits offered three or more times per week	Dark green and/or orange vegetables, not fruits, offered three or more days/week (minimum ¼ cup serving)
Good source of vitamin C offered each day	This requirement has been eliminated
Four different entrees or meat/meat alternatives are offered throughout the week	This requirement has been eliminated
Cooked dry beans or peas (legumes) – one or more servings offered each week	Keep existing criteria
<i>Gold/Gold Award of Distinction:</i> Whole grain foods offered each day of the week <i>Silver/Bronze:</i> Whole grain foods offered every day of the week	<i>Gold/Gold Award of Distinction:</i> at least one serving of a whole grain food is offered each day <i>Silver/Bronze:</i> at least one serving of a whole grain food is offered three or more days per week
Two or more sources of iron offered daily	This requirement has been eliminated
Low fat (1% or less) and/or fat free (skim) milk offered daily.	Only low fat (1% or less) or fat free (skim) offered daily

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**Competitive Foods\*/A La Carte**

**\* Competitive foods are defined as any food or beverage sold in competition with reimbursable meals. This includes: a la carte, vending, snack bar, school store, and any other food and beverage sales on campus.**

<b>Food or Beverage</b>	<b>2004 Criteria</b>	<b>2008 Criteria</b>
<b>General requirements</b>	<p><i>Silver/Bronze:</i> During meal periods in the food service area, the school does not sell/serve any food or beverage in competition with reimbursable meals.</p> <p><i>OR</i></p> <p>During meal periods in the food service area , all foods and beverages the school sells/serves in competition with reimbursable meals, meet the criteria specified in the instructions</p> <p><i>Gold/Gold Award of Distinction:</i> Throughout the school day (including meal periods), the school does not sell/serve any food or beverage other than reimbursable meals.</p> <p><i>OR</i></p> <p>Throughout the school day (including meal periods), all foods and beverages the school sell/serves other than reimbursable meals, meet the criteria specified in the instructions.</p>	Keep existing criteria
<b>Total Fat</b>	≤35% of calories from total fat, excluding nuts, seeds, and nut butters	Keep existing criteria. Reduced fat cheese is exempt
<b>Trans Fat</b>	No existing criteria	Trans fat free: less than .5 g trans fat per serving
<b>Saturated Fat</b>	≤10% of calories from saturated fat	Keep existing criteria. Reduced fat cheese is exempt
<b>Sugar</b>	≤35% of weight from sugar (includes naturally occurring and added sugars). Fruits and vegetables are exempt.	Keep existing criteria

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**Competitive Foods\*/A La Carte *Continued***

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<b>Food or Beverage</b>	<b>2004 Criteria</b>	<b>2008 Criteria</b>
<b>Sodium</b>	No existing criteria	<i>Bronze/Silver/Gold:</i> Must be at or below 480 mg per side dish/non entrée serving Must be at or below 600 mg per main dish/entrée serving <i>Gold Award of Distinction:</i> Must be at or below 200 mg per side dish/non entrée serving Must be at or below 480 mg per main dish/entrée serving.
<b>Portion Sizes</b>	Not to exceed the serving size of food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories	Keep existing criteria
<b>Fruits and Non-Fried Vegetables</b>	Fruits and vegetables must be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide for Child Nutrition Programs	Keep existing criteria
<b>Milk</b>	Reduced fat (2%), low fat (1% or less), and/or fat free (skim) milk	Only low fat (1% or less) and and/or fat free (skim) milk
<b>Milk Serving Sizes</b>	No existing criteria	Establish 8 ounce serving limit on milk
<b>Other Approved Beverages</b>	100% full strength fruit and vegetable juices and water (non flavored, non carbonated, non sweetened)	100% full strength fruit and vegetable juices with no sweeteners or non nutritive sweeteners and water (non flavored, non sweetened, non carbonated, non caffeinated, and no non nutritive sweeteners
<b>Juice Serving Size</b>	No existing criteria	Establish 6 ounce serving limit on 100% juices

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<b>Additional Criteria</b>		
<b>Other</b>	<b>2004 Criteria</b>	<b>2008 Criteria</b>
<b>Wellness Policy</b>	No existing criteria	Schools must submit a copy of their wellness policy to accompany the HUSSC application
<b>Fundraising</b>	No existing criteria	Primarily non food items should be sold through school fundraising activities. However, if food items are to be sold during the school day, they must meet the guidelines for competitive foods
<b>Physical Activity</b>	Physical education classes or the equivalent must be provided on a regularly scheduled basis each school week during the entire school year	Provide structured physical education: <i>Gold Award of Distinction:</i> minimum of 150 min/week throughout the school year <i>Gold:</i> minimum of 90 min/week throughout the school year <i>Silver/Bronze:</i> minimum of 45 min/week throughout the school year <i>All awards:</i> provide daily opportunities for unstructured physical activity for all children. School demonstrates a commitment to either deny or require physical activity as a punishment.
<b>Nutrition Education</b>	Nutrition education is provided to students in multiple grades and is provided for at least half but no fewer than two of the grade levels as part of a structured and systematic unit of instruction and involves multiple channels of communication	Keep existing criteria <i>AND</i> school demonstrates a commitment to prohibit the use of food as a reward.