

Exempt from all guidelines (calories, sodium, fats, sugar)

NSLP/SBP Entrées

Exemption is for entrée items only

Entrée exemption for the **day of** service and the **school day after**

Side dishes and desserts sold as competitive food must meet all standards

Fruit and Vegetables

Exempt if:

- Fresh, frozen, or canned fruit packed in water, 100 percent fruit juice, light syrup, or extra light syrup
- Fresh, frozen, and canned vegetables with no added ingredients except water
- Canned vegetables with small amount of sugar for processing purposes

Sugar Free Chewing Gum

Fat Exemptions (NOT exempt from total calories, sodium, or sugars)

Reduced fat cheeses and part skim mozzarella

Nuts, seeds, and nut/seed butters

Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Seafood with no added fat

Sugar Exemptions (NOT exempt from total calories, sodium, or fats)

Dried fruits with no added sweeteners or those with sweeteners for processing and/or palatability (EX. "Craisins, dried cherries, and blueberries)