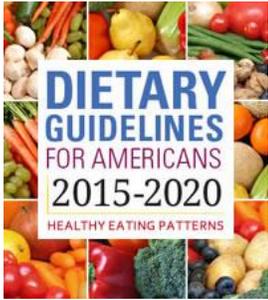




ACC NUTRITION PROGRAM DEPARTMENT, 1801 Lacrosse Avenue, St. Paul, MN 55119

[Nutrition@cesarchavezschool.com](mailto:Nutrition@cesarchavezschool.com)



## RESOURCES

<https://www.choosemyplate.gov/>- Explore foods, healthy eating, recipes, US Dietary Guidelines and more.



[USDA Nutrition Standards](#) – Regulations, policy memos, and other guidance materials relating to the nutrition standards for the National School Lunch Program and School Breakfast Program.

[USDA Unrestricted water during mealtimes](#) – This memorandum provides questions and answers to update the Child Nutrition Reauthorization 2010 implementation memorandum SP 28-2011, Water Availability During National School Lunch Program Meal Service.

[USDA Smart Snack in Schools](#)- Academia Cesar Chavez Charter School adheres to the USDA Smart Snack in school guidelines. Practical, science-based nutrition standards for all foods and beverages (sold, served or offered to students here at ACC) during the school day, on the school campus from midnight the night prior to 30 minutes after the end of the official school day. (This rule does not apply to any foods a parent might pack in their child's personal lunch).

Foods must also meet several nutrient requirements:

- 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 ¼ cup of fruit and/or vegetable; or
- Calorie limits: ° Snack items: ≤ 200 calories ° Entrée items: ≤ 350 calories
- Sodium limits: ° Snack items: ≤ 200 mg Entrée items: ≤ 480 mg
- Fat limits: ° Total fat: ≤35% of calories ° Saturated fat: < 10% of calories ° Trans-fat: zero grams
- Sugar limit: ° ≤ 35% of weight from total sugars in foods

**\*\*To find out if a food or beverage not on the list is compliant and meets the standards please call Deborah Wright/Nutrition Program Supervisor (651) 294-4657 for approval or fill out a "request to serve, sell, offer or fundraise" form.**

**\*\*Parents, Teachers and Staff: Any food or beverage item brought to school for distribution to students that is not on the list or approved by the Nutrition Department is prohibited. This DOES NOT include any personal consumption foods, personal lunches or foods/beverages for adults.**

### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov).