

List of Acceptable Foods and Beverages

LIST 13 NON-ENTREE COMBINATION FOODS

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments** such as butter, margarine, salad dressings, dips, ketchup and mustard, e.g., egg rolls with duck sauce. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

NOTE: The approval below is only for the **combination food as listed**. If the combination food is sold a la carte combined with any other food item (e.g., egg roll with duck sauce) the nutrition information for that food item must be added to the nutrition information for the entree item to determine if the complete entree item as sold still complies with the CNS.

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				General Standards	Nutrient Standards																			
Manufacturer	Food Item	Package or Serving Size	Weight (g)	1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	≤35% of total calories	<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg	≤15 g	≤35% by weight	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No chemically altered fat substitutes	No caffeine	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber			
General Mills	Yoplait Plenti Oatmeal meets Greek Yogurt, Apple Cinnamon, Naturally Flavored, 5.5 oz	5.5 oz	156	FG and WGR	180	2	10.0%	0.0	0.0%	0	yes	105	2	12	7.7%	yes	yes	yes	HPC, Sysco CT, Thurston	UPC 0-70470-46689-7; Case UPC 100-70470-46689-4	5/31/16	X	X	
General Mills	Yoplait Plenti Oatmeal meets Greek Yogurt, Maple Brown Sugar, Flavored with Other Natural Flavors, 5.5 oz	5.5 oz	156	FG and WGR	170	2	10.6%	0.0	0.0%	0	yes	105	2	12	7.7%	yes	yes	yes	HPC, Sysco CT, Thurston	UPC 0-70470-46691-0; Case UPC 100-70470-46691-7	5/31/16	X	X	
Schwan Food Company	Minh 51% Whole Grain Vegetable Egg Roll, 3.1 oz	3.1 oz	88	FG and WGR	140	3.5	22.5%	1.0	6.4%	0	yes	150	4	4	4.6%	yes	yes	yes		Code 66048; Case UPC 100-72180-66048-7. CN labeled for 1.00 oz eq MMA and 1.00 oz eq grains.	2/27/15	X	X	X
Jens & Marie	Veggie Burger, 10 Veggies, 3.25 oz	3.25 oz	92	FG	120	3.0	22.5%	0.0	0.0%	0	yes	380	5	4	4.3%	yes	yes	yes		UPC (40 count) 7-05723-02232-1	9/27/16	X	X	X

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Jens & Marie	Veggie Burger, Southwest Black Bean & Sweet Potato, 3.25 oz	3.25 oz	92	FG	90	1.5	15.0%	0.0	0.0%	0	yes	220	3	2	2.2%	yes	yes	yes		UPC (40 count) 7-05723-50032-4	9/27/16	X	X	X