



## Comparison of Chartwells Food & Nutrition Standards with Michigan Department of Education Recommendations for All Foods and Beverages Available in Michigan Schools

On Oct. 12<sup>th</sup>, 2010 the MI State Board of Education passed *Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools*. Below you will find a spreadsheet that compares State of MI standards, Chartwells standards and a brief comparison. All Chartwells school districts should continue to follow Chartwells Food & Nutrition standards; this will put our districts in a great place to meet the Healthier US School Challenge (Gold Level) as well as the State of MI recommendations. If schools choose to follow only the MI standards, they will not qualify to meet the Healthier US School Challenge at any level. The MI standards fall short from meeting the standards in the following categories:

- Lunch – Vegetables (must serve a different vegetable each day of the week)
- Lunch- Fruit (must serve a different fruit each day of the week, 1-2 days must be fresh fruit)
- Lunch- Whole Grain (at least 1 serving of whole-grain food offered each day (not the same one each day))

The state standards apply to all foods sold on the school campus through out the day including (vending, food from home, classroom parties/holiday celebrations, Fundraising activities on campus (including bake sales and school stores), rewards or discipline, faculty lounges, foods marketing, CATERING, concessions, open houses, parent/teacher conferences, school group meetings, school celebrations, banquets, retirement parties and school board meetings. At this point the state standards are only RECOMMENDATIONS and are not an active law. Please paste this in your browser for a complete document of the state of MI recommended standards:

Breakfast			
M/MA	<ul style="list-style-type: none"> <li>1/2 oz. of m/ma to be considered a serving</li> </ul>	<ul style="list-style-type: none"> <li>Offer 1-2 oz. protein equivalent 2x/wk Reduced use of cured, smoked, salted meats</li> <li>Cage free shell eggs, only therapeutic antibiotic use in poultry, Monterey Bay Sustainable Seafood</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standards exceed MI due to reduction of salty meats and requirement to offer more protein rich foods.</li> <li>Serving ½ oz. of m/ma is not recommended until further clarification is obtained from USDA, this is because it is below the USDA minimum required portion size.</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>Offer a variety of colors and types (fresh, frozen, canned) over a week</li> <li>At least 1/2 of the fruit offered should come from whole fruit rather than juice</li> <li>Canned fruit must be packed in juice or light syrup</li> <li>Whole Grain offered at least 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>At least 1 serving daily (1/2 cup); 3 different kinds weekly</li> <li>Fresh 2x/wk</li> <li>Orange colored fruit or juice 1x/wk</li> <li>Locally Grown Preferred</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standards exceed MI because they require the following:                             <ul style="list-style-type: none"> <li>- fresh 2x/wk</li> <li>- orange 1x/wk</li> <li>- locally grown</li> <li>- 3 different/wk</li> </ul> </li> </ul>
G/B	<ul style="list-style-type: none"> <li>Whole Grain offered at least 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>At least 1 whole grain serving offered daily</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells exceed MI standards by requiring whole grains to be served daily rather than 3 times per week.</li> </ul>
Milk	<ul style="list-style-type: none"> <li>Not to exceed 1% milk fat for all milk offered</li> <li>Not to exceed 28g of sugar per 8 oz. serving</li> </ul>	<ul style="list-style-type: none"> <li>8 oz. flavored or unflavored non fat or low fat fluid milk</li> <li>No artificial sweeteners or hormones in milk</li> </ul>	<ul style="list-style-type: none"> <li>MI standard limits sugar in flavored milk to 28g. This does not eliminate flavored milk in most cases but labels should be checked.</li> </ul>
Fat	<ul style="list-style-type: none"> <li>Fat: 25-35% of calories over the week</li> <li>Saturated Fat: Less than 10% of calories over the week</li> <li>Zero Trans Fats</li> </ul>	<ul style="list-style-type: none"> <li>Weekly menu average &lt;math&gt;\leq&lt;/math&gt;than 30% calories from fat and &lt;math&gt;\leq&lt;/math&gt; 10% calories from saturated fat</li> <li>Zero Trans Fats</li> <li>Eliminate Deep Fat Frying</li> <li>Limit cream cheese to reduced fat</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standards exceed MI because deep fat frying is eliminated and cream cheese is restricted to low fat or non fat.</li> </ul>

## State of MI

## Chartwells

## Comparison

<p><b>Salt</b></p>	<ul style="list-style-type: none"> <li>Sodium 1340-1400mg total throughout the school day – total for breakfast and lunch combined (reduced in a step wise fashion so as to reach the target by 2020)</li> <li>Salt shakers and packets shall not be available</li> </ul>	<ul style="list-style-type: none"> <li>Reduce sodium content of meals by 5% per year</li> <li>Eliminate salt as condiment; minimize in cooking using Chartwells recipes</li> </ul>	<ul style="list-style-type: none"> <li>Both standards are working to reduce sodium in meals.</li> </ul>
<p><b>Sugar</b></p>	<ul style="list-style-type: none"> <li>Sugar packets shall not be available</li> </ul>	<ul style="list-style-type: none"> <li>No sugar packets</li> <li>Donuts and breakfast pastries eliminated (Pop Tarts, sweet rolls, danish, etc)</li> <li>Syrup and jelly limited to 1 oz.</li> <li>Muffins limited to 2 oz. and do not list sugar as the first ingredient</li> <li>Cereals: 1/2 of varieties contain <math>\leq 5</math> g of sugar OR <math>\geq 3</math>g of fiber per serving, Remaining varieties contain <math>\leq 7</math> g of sugar OR <math>\geq 3</math>g of fiber</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standards have specific ways in which sugar will be reduced in the breakfast program. Including limiting portion size of high sugar items, elimination of breakfast pastries, and including low sugar, high fiber cereals.</li> </ul>

Lunch			
<b>M/MA</b>	<ul style="list-style-type: none"> <li>Lower fat options at least 4 days/week (Items &lt;40% of calories from fat)</li> </ul>	<ul style="list-style-type: none"> <li>A variety of entrees are offered</li> <li>At least one vegetarian entrée per day MS/HS and 2x/wk elementary (may contain dairy and/or eggs); entrée w/ plant based protein (legumes) 1x/week MS/HS and 2x/mo elementary</li> <li>Reduce use of cured, smoked, and salted meats</li> <li>Cage free shell eggs, only therapeutic antibiotic use in poultry, Monterey Bay Sustainable Seafood</li> </ul>	<ul style="list-style-type: none"> <li>MI standard is to offer lower fat options 4 days/week – this will be difficult to implement if schools do not use nutrient analysis software, and there is no provision to assist districts in the implementation of this standard.</li> <li>Chartwells standard includes increasing vegetarian choices and reducing the use of salty meats which are high in fat and sodium.</li> <li>Chartwells implements sustainability standards including cage free shell eggs and antibiotic free poultry.</li> </ul>
<b>Whole Grains</b>	<ul style="list-style-type: none"> <li>1/2 grain servings should be whole grain (may be phased approach due to availability)</li> </ul>	<ul style="list-style-type: none"> <li>At least one serving daily</li> <li>Different whole grain every day of the week 3 different kinds per week</li> </ul>	<ul style="list-style-type: none"> <li>Both standards work to increase whole grain offerings at lunch.</li> <li>Chartwells standard meets the HUSSC criteria.</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>At least three different fruits must be offered each week to ensure variety</li> <li>Only 100% juice, no added sugar, may be offered.</li> <li>Juice may only be offered one time per week as the fruit choice</li> <li>Three servings of fresh fruits and/or raw vegetables shall be offered per week.</li> <li>Canned fruit must be packed in juice or light syrup</li> <li>1/2 cup total fruit combination daily</li> </ul>	<ul style="list-style-type: none"> <li>At least one serving daily and each day must be different</li> <li>1/4 cup serving minimum</li> <li>4 oz. 100% fruit juice limited to 1x/wk if juice is the only fruit component offered on a particular day</li> <li>Fresh 2x/wk</li> <li>Orange colored fruit or juice 1x/wk</li> <li>Locally Grown Preferred</li> <li>Fresh, frozen, canned in juice or light syrup, or dried with no added sugars</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standard exceed MI because they require the following:                             <ul style="list-style-type: none"> <li>different type of fruit daily                                     <ul style="list-style-type: none"> <li>orange 1x/wk</li> <li>locally grown</li> <li>fresh 2x/wk</li> </ul> </li> </ul> </li> <li>Chartwells standard meets Healthier US School Challenge criteria for all levels, MI standards do not.</li> </ul>

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# State of MI

## Chartwells

## Comparison

<p><b>Vegetable</b></p>	<ul style="list-style-type: none"> <li>At least three different vegetables must be offered each week to ensure variety.</li> <li>Two servings of dark green vegetables per week.</li> <li>One serving orange/deep yellow vegetables per week.</li> <li>Only 100% juice, no added sugar may be offered.</li> </ul>	<ul style="list-style-type: none"> <li>At least one serving daily and each day must be different; at least ¼ cup</li> <li>Dark green or orange ≥ 3 days per week and 2 must be different</li> <li>Legumes 1x/week</li> <li>Locally grown preferred</li> <li>Fresh, frozen, dried or canned</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells standard exceeds MI because they require the following:             <ul style="list-style-type: none"> <li>- different type of vegetable each day of the week</li> <li>- locally grown</li> </ul> </li> <li>Chartwells standard meets Healthier US School Challenge criteria for all levels, MI standards do not.</li> </ul>
<p><b>Milk and Dairy</b></p>	<ul style="list-style-type: none"> <li>Not to exceed 1% milk fat for all milk offered.</li> <li>Not to exceed 28g of sugar per 8 oz. serving.</li> </ul>	<ul style="list-style-type: none"> <li>8 oz. fluid flavored &amp; unflavored non fat or low fat milk</li> <li>No artificial sweeteners in milk</li> <li>rBST/rBGH free milk</li> <li>Low fat dairy</li> </ul>	<ul style="list-style-type: none"> <li>MI standard limits sugar in flavored milk to 28g. This does not eliminate flavored milk in most cases but labels should be checked.</li> </ul>
<p><b>Legumes</b></p>	<ul style="list-style-type: none"> <li>Must be offered two times per week as either a meat/meat alternate and/or vegetable component.</li> </ul>	<ul style="list-style-type: none"> <li>Entrée w/ plant based protein (legumes) 1x/week MS/HS and 2x/mo elementary</li> <li>Legume 1 x/week as a vegetable</li> </ul>	<ul style="list-style-type: none"> <li>Standards both include offering legumes 2x's/week at the secondary level.</li> <li>MI standards require legumes be served 2 <b>more</b> times per month at elementary.</li> </ul>
<p><b>Sodium</b></p>	<ul style="list-style-type: none"> <li>Salt Shakers and packets shall not be available</li> <li>1340-1400mg total throughout the school day <i>reduced in a stepwise fashion so as to reach the target by 2020</i></li> </ul>	<ul style="list-style-type: none"> <li>Reduce sodium content by meals by 5% per year</li> <li>Eliminate salt as condiment; minimize in cooking using Chartwells recipes</li> <li>Eliminate pickled vegetables</li> <li>Introduce vinegar and oil alternative to salad dressings</li> <li>Eliminate salty snacks with meals</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells has more specific actions on how to limit sodium             <ul style="list-style-type: none"> <li>- eliminate pickled vegetables</li> <li>- introduce vinegar and oil alternative</li> <li>- eliminate salty snacks with meals</li> </ul> </li> </ul>
<p><b>Sugar</b></p>	<ul style="list-style-type: none"> <li>Sugar packets shall not be available</li> </ul>	<ul style="list-style-type: none"> <li>Eliminate sugar packets</li> <li>Limit sweet desserts with meals to</li> </ul>	<ul style="list-style-type: none"> <li>Chartwells has specific standard to reduce sugar at lunch.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Fat: 25-35% of calories over the week</li> <li>• Saturated Fat: less than 10% of calories over the week</li> <li>• Trans Fat: Zero trans fat</li> </ul>	<p>2x/mo (excludes fruit based desserts)</p> <ul style="list-style-type: none"> <li>• Weekly menu average ≤ 30% calories fat and ≤ 10% calories sat fat</li> <li>• All foods zero trans fat per serving</li> <li>• Eliminate deep fat frying</li> <li>• Limit mayonnaise and cream cheese to reduced fat</li> <li>• Offer reduced fat or fat free salad dressings</li> <li>• Introduce vinegar and oil as alternative to salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>- limit sweet desserts to 2x/month</li> <li>• Chartwells has specific standards to help schools achieve the guidelines.</li> <li>- eliminate deep fat frying</li> <li>- reduced fat mayonnaise and cream cheese</li> <li>- reduced fat/fat free salad dressings</li> <li>- vinegar and oil available</li> </ul>
<b>After School Snack</b>			
<b>M/MA</b>	<ul style="list-style-type: none"> <li>• Keep the same requirement for all components with flexibility to offer any two of the four components</li> </ul>	<ul style="list-style-type: none"> <li>• No standard</li> </ul>	<ul style="list-style-type: none"> <li>• Chartwells does not currently have after school snack nutrition standards.</li> </ul>
<b>G/B</b>	<ul style="list-style-type: none"> <li>• Whole grain offered at least onetime per week</li> </ul>	<ul style="list-style-type: none"> <li>• No standard</li> </ul>	
<b>F/V</b>	<ul style="list-style-type: none"> <li>• Offer a variety of colors and types over a week</li> <li>• Canned fruit must be packed in juice or light syrup</li> <li>• At least half of fruit offerings should be from whole fruit rather than juice</li> </ul>	<ul style="list-style-type: none"> <li>• No standard</li> </ul>	
<b>Milk</b>	<ul style="list-style-type: none"> <li>• Not to exceed 1% milk fat for all milk offered</li> <li>• Not to exceed 28g of sugar per 8 oz. serving</li> </ul>	<ul style="list-style-type: none"> <li>• No standard</li> </ul>	

Beverages (A la carte)		
<b>Milk</b>	<ul style="list-style-type: none"> <li>• Low-fat (1%) or fat-free milk (flavored on unflavored)</li> <li>• Lactose-free and soy beverages                             <ul style="list-style-type: none"> <li>- Not to exceed 170 calories per 8 oz. serving</li> <li>- Not to exceed 28 grams of sugar per 8 oz. serving</li> <li>- At the high school level only, schools may choose to serve up to 16 oz/serving, 1% or fat-free flavored or unflavored milk. MDE encourages schools to limit to 8 oz. serving where available.</li> </ul> </li> </ul>	<p><u>Balanced Choices Guidelines</u></p> <ul style="list-style-type: none"> <li>• Flavored or unflavored</li> <li>• Non fat or low fat</li> <li>• ≤ 16 oz. portion</li> </ul> <p><u>Healthier US Gold Standard</u></p> <ul style="list-style-type: none"> <li>• Flavored or unflavored</li> <li>• Non fat or low fat</li> <li>• No artificial sweeteners</li> <li>• ≤ 8 oz. portion</li> </ul>
<b>Juice</b>	<ul style="list-style-type: none"> <li>• 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. portion)</li> </ul>	<p><u>Balanced Choices Guidelines</u></p> <ul style="list-style-type: none"> <li>• 100% fruit or vegetable juice</li> <li>• Non carbonated unless USDA approved</li> <li>• ≤12 oz. portion</li> </ul> <p><u>Healthier US Gold Standard</u></p> <ul style="list-style-type: none"> <li>• 100% fruit or vegetable juice</li> <li>• No artificial sweeteners</li> <li>• ≤ 6 oz. portion elem and MS and ≤ 8 oz. portion HS</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>• Water without flavoring, additives, carbonation, or added sugar</li> </ul>	<p><u>Balanced Choices</u></p> <ul style="list-style-type: none"> <li>• Unflavored or flavored</li> <li>• No added sugars</li> <li>• Non-carbonated unless USDA approved</li> </ul>

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		<ul style="list-style-type: none"> <li>• Caffeine free</li> <li>• Unlimited portion</li> </ul> <p><u>Healthier US Gold Standard</u></p> <ul style="list-style-type: none"> <li>• Unsweetened</li> <li>• Non-carbonated</li> <li>• Caffeine free</li> <li>• Unlimited portion</li> <li>• Not allowed</li> </ul>	<p>oz. At the HS level only</p>
<p><b>Sports Drinks</b></p>	<ul style="list-style-type: none"> <li>• Not allowed in the school setting</li> </ul>		<ul style="list-style-type: none"> <li>• Sports drinks are not allowed in any standards.</li> </ul>
<p><b>Other</b></p>	<ul style="list-style-type: none"> <li>• Not allowed at the elementary and middle school level</li> <li>• At the high school level only:             <ul style="list-style-type: none"> <li>- Caffeinated, or flavored beverages with less than 5 calories per serving as packaged, up to 20 oz.</li> <li>- 100% juice or 100% juice/water blends with carbonation, up to 12 oz</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Unflavored or flavored</li> <li>• No added sugars</li> <li>• Non-carbonated unless USDA approved</li> <li>• Caffeine free</li> <li>• Unlimited portion</li> </ul>	<ul style="list-style-type: none"> <li>• Standards are very similar</li> </ul>



Food Standards (A la carte)		
<p><b>Entrees</b></p>	<ul style="list-style-type: none"> <li>Any entrée that is on the daily menu as part of a reimbursable meal may be served/sold outside of a reimbursable meal in a single serving and the same day only.</li> </ul>	<ul style="list-style-type: none"> <li>Portion size of side dishes and entrees do not exceed the portion size of the food offered with the reimbursable meal.</li> </ul>
<p><b>Other food (snacks)</b></p>	<ul style="list-style-type: none"> <li>Fruit, Vegetables, whole grains and related combination products and low-fat/fat-free dairy                             <ul style="list-style-type: none"> <li>Calories: 200 calories or less</li> <li>Total Fat: no more than 35% total calories</li> <li>Sat Fat: Less than 10% total calories</li> <li>Trans Fat: Zero</li> <li>Total Sugar: No more than 35% of total weight per serving</li> <li>Sodium: no more than 230 mg as packaged</li> </ul> </li> <li>Schools may choose to serve the following:                             <ul style="list-style-type: none"> <li>Nuts, seeds, and reduced-fat cheese in 1 oz. portions</li> <li>Low-fat yogurt can contain no more than 30g of total sugars per 8 oz. portion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>For snacks, the package or container does not exceed 200 calories</li> <li>≤ 35% calories from fat (excludes nuts, nut butters, seeds, and reduced fat cheese)</li> <li>≤ 10% calories from saturated fat</li> <li>Zero grams trans fat per serving</li> <li>≤ 35% sugar by weight</li> <li>≤ 480mg snacks and side dishes</li> <li>A la carte entrees discouraged. If offered, sodium should not be ≥ 600mg</li> <li>Eliminate all deep fat fried snacks, side dishes, and entrees (includes French Fries, appetizer type foods, and chicken products)</li> <li>Limit nachos to 1x/month</li> </ul>
		<ul style="list-style-type: none"> <li>Standards are very similar.</li> <li>MI standards require items must be fruit, vegetables, whole grains or related combination products.</li> <li>Sodium level for Chartwells standards is ≤ 480mg, the MI standard for sodium is ≤ 230mg</li> </ul>