### Fruits and Vegetables

1. Require at least four different fruit choices be available.
2. Require leafy green salads and at least one vinegar-based salad dressing be available.

### Sandwiches, Salads, and Entrees

3. Require at least 50% of all sandwiches, salads and entrees offered contain 500 calories or less; all must contain 700 calories or less.
4. Require at least 50% of all sandwiches, salads and entrees offered contain 800 mg sodium or less.
5. Require at least 50% of all sandwiches, salads and entrees offered, when applicable, be made or served with whole-grains (e.g. whole-wheat bread, brown rice, whole-wheat pasta).

### Soups and Sides

6. Require at least one steamed, baked or grilled vegetable option be available daily and contain 200 mg sodium or less.
7. Require all soups contain 480 mg sodium or less per 8 ounces.

### Breakfast Breads, Desserts, and Snacks

8. Require at least 50% of all breakfast breads offered contain 300 calories or less.
9. Require at least 50% of all desserts offered contain 200 calories or less.
10. Require all pre-packaged snacks contain no more than: 200 calories, 200 mg sodium, 7 grams fat, 2 grams saturated fat, and 10 grams sugar per package.  
    *If item is grain/potato-based, must also contain at least 2 grams fiber.*

### Cooking Method

11. Require no use of deep fryers; no deep frying.

### Trans Fat

12. Require all items contain 0 grams trans fat per serving.

### Beverages

13. Require water be available at no charge.
14. Require at least 75% of all beverage options be low-calorie beverages (beverages that contain 25 calories or less per 8 ounces).
15. Require all high-calorie beverages be 16 ounces or less.

### Placement, Promotion, and Pricing

16. Require only healthy options stocked near the entrance to the cafeteria and at the cash registers.
17. Require advertising or promotional materials only be for healthy food and beverage options. This includes promotion as part of a value meal.
18. Require calorie information posted for items that do not include a Nutrition Facts label.
19. Require, if a value meal is offered, that one contain no more than 650 calories and 800 mg sodium; fresh fruit or a non-starchy vegetable; and water. Price the meal lower than other value meals.
20. Require sandwiches be available in half-size portions at half the price of a full-size sandwich.