

Buena Vista Foods Leads the Way with USDA Final Rule Compliance!



Embracing the latest nutrition standards, our products are ahead of the curve, meeting requirements for added sugars and sodium outlined in the USDA Final Rule.

Sample Breakfast Menu: 8 oz of 1% White Milk and Non-Fat Milk are offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnatwin #66034	Ham and Swiss Croissant #32541	Blueberry Muffin #60326 w/ Freshly Prepared Apple Compote	Breakfast Empanada #53551	Double Chocolate Muffin Top #63186 w/ Fresh Berries
Fresh Kiwi Raisins	Fresh Apple Slices 100% Fruit Juice	Fresh Mandarin Orange	Fresh Grapes 100% Fruit Juice	Applesauce

Nutritional Analysis

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnatwin (72 calories from added sugar) 170 mg sodium Fresh Kiwi (1/2 cup) 54 calories Raisins (1.33 oz Box = 1/2 cup*) 120 calories Milk (Nonfat and 1% avg.) 110 calories 105 mg sodium	Ham and Swiss Croissant (16 calories from added sugar) 580 mg sodium Fresh Apple Slices (1/2 cup) 29 calories 100% Fruit Juice (1/2 cup) 53 calories Milk (Nonfat and 1% avg.) 110 calories 105 mg sodium	Blueberry Muffin (52 calories from added sugar) 240 mg sodium Apple Compote (1/2 cup) 50 calories Mandarin Orange (1/2 cup) 47 calories Milk (Nonfat and 1% avg.) 110 calories 105 mg sodium	Breakfast Empanada (4 calories from added sugar) 230 mg sodium Fresh Grapes (1/2 cup) 51 calories 100% Fruit Juice (1/2 cup) 53 calories Milk (Nonfat and 1% avg.) 110 calories 105 mg sodium	Double Chocolate Muffin Top (48 calories from added sugar) 250 mg sodium Fresh Berries (1/2 cup) 37 calories Applesauce (1/2 cup) 60 calories Milk (Nonfat and 1% avg.) 110 calories 105 mg sodium
Total Calories = 554	Total Calories = 492	Total Calories = 437	Total Calories = 444	Total Calories = 467
Total Sodium: 275 mg	Total Sodium: 685 mg	Total Sodium: 345 mg	Total Sodium: 335 mg	Total Sodium: 355 mg

Added Sugars Analysis:

Total calories for the week = 2394
Daily average calories = 479
 Total calories from added sugar = 192

Total percentage of added sugar calories is 8.02%

Sodium Analysis:

Total mg sodium for the week = 1995 mg
Daily average mg sodium = 399 mg

Breakfast Notes:

- The breakfast menu meets the Food Based Menu Planning requirements for all of the grade groupings: K-12, K-5, K-8, 6-8, 6-12 and 9-12
- The weekly menu has 9.25 Grains, 5 cups of fruit and 5 cups of milk
- For the week, the daily calories average is 475 which falls into the min-max calorie range for all of the grade groupings: K-12, K-5, K-8, 6-8, 6-12 and 9-12
- Proposed Rule: Overall Weekly Limit for Added Sugars**
This menu meets the proposed rule to limit school breakfasts to an average of <10% of calories per meal from added sugars..
- Sodium:** This menu is compliant with the School Nutrition Standards for Sodium limiting overall sodium offered in school meals averaged over a week. Sodium limits do not apply per day, per meal or per menu item.

* 1/4 dried fruit = 1/2 cup fruit