

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* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/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* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/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.

| NON-ENTREE COMBINATION FOODS |   |                         |            |  |                    |                        |                        |        |                                |         |       |                |   |                                       |             |        |       |                |                                 | BETTER CHOICE RECOMMENDATIONS<br>Choose products that meet all recommendations.               |                             |   |   |   |
|------------------------------|---|-------------------------|------------|--|--------------------|------------------------|------------------------|--------|--------------------------------|---------|-------|----------------|---|---------------------------------------|-------------|--------|-------|----------------|---------------------------------|---|-----------------------------|---|---|---|
| NON-ENTREE COMBINATION FOODS |   |                         |            | 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 |   |   |   |
| 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 M/MA and 1.00 oz eq grains. | 2/27/15                     | X | X | X |