

Nutrition Guidelines for Foods Available During the School Day

All food and beverages provided to students before, during and immediately after the regular school day in district schools and facilities will meet the following nutrition standards unless otherwise regulated by the United States Department of Agriculture (USDA).

Items listed below will be considered “Good” food choices.

Main dishes (entrees):

- The portion size for main dishes (entrees) will not exceed the size of similar items provided as part of the school breakfast and lunch program.

Fruits and Vegetables

Snacks, Sweets and Side Dishes:

- Fat content: No more than 50% of calories will be derived from fat with the exception of nuts, seeds, and cheese.
- Saturated and trans fat content total: No more than 30% of combined calories will be derived from saturated fat and trans fat
- Sugar content: No more than 40% weight from sugar will be allowed with the exception of fresh, dried or canned fruits and vegetables.

Individual Food Items (ala carte, vending, and student stores) shall not exceed 400 calories, or portion size can be no larger than:

- Snacks and sweets: 2.0 ounces
- Cookies and cereal bars: 3.0 ounces
- Bakery items: 5 ounces
- Frozen desserts: 8 ounces
- Yogurt: 10 ounces
- Nuts and Seeds: 2 ounce

Beverages:

- Fruit Juice: 100% fruit with no added sweeteners, 16 oz maximum
- Water: no portion size limit
- Sport Drinks & Other Beverages: 16 oz maximum and not more than 20 grams of sugar
- Milk: 1% and 2% as well as non-fat, 16 oz maximum
- Sugar standard: 35%, 16 oz maximum

Food that is sold must meet the health department's standards in regard to storage, preparation and serving. Foods of minimal nutrition value that *cannot* be sold or dispensed in the food service areas during lunch or breakfast periods include:

- soda water: carbonated beverages, unless approved by the USDA
- water ices: frozen sweetened water e.g., Popsicles (unless 100% fruit juice product)
- chewing gum
- certain type of candies: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn

All food that is sold must meet the health department's standards for storage, preparation and serving.