

FOOD AND NUTRITION PROGRAM

NUTRITION STANDARDS FOR FOOD AND BEVERAGES

The District’s nutrition standards are the minimum requirements for all foods and beverages available to students at school, including the type and amount of fat, sodium, sugar, calories, and other nutrients and food qualities. These standards meet or exceed the requirements outlined in federal, state, and District policies and adhere to the California Smart Snacks nutrition standards.

Scope: The District’s nutrition standards apply to **all food and beverages** sold, served, and/or distributed to children on school campuses between midnight and 30 minutes after the end of each school day outside of reimbursable school meals. This includes but is not limited to:

- A la carte sales in nutrition centers
- After school programs
- Celebrations
- Classroom-based activities
- Donated food
- Fundraisers on school campuses
- Vending machines
- Rewards
- Student stores
- Snack bars/concession stands
- Snacks

Exceptions to Nutrition Standards: The nutrition standards contained herein do not apply to reimbursable school meals, which are governed by CFR 210.10, or 220.8, or to the following:

- Foods and beverages brought from home for individual student consumption.
- School cooking courses that do not sell food to students during the school day.
- Foods and beverages sold or served off and away from school campuses.
- Foods and beverages sold or served more than 30 minutes after the school day.
- Foods and beverages used for health care for individual students.
- Food and beverages for special needs students as part of their IEP plan.

Adult Staff Members: The District’s nutrition standards do not apply to staff lounges, or other spaces that are only accessible to teachers and adult school staff. All staff members are encouraged to promote healthy school environments by being positive role models for healthy behaviors on school property and at school-sponsored meetings and events where students are present, including only eating/drinking items that comply with the District’s nutrition standards.

Food Standards for Elementary Schools: The only foods that may be sold or served to a student at an elementary school from midnight until 30 minutes after school ends: are **full meals** that meet the federal meal pattern requirements for the National School Lunch or School Breakfast Program; as well as individually packaged dairy or whole grain food items, individually packaged portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that have not been deep fried, and legumes. In addition to fitting one of these definitions, individually sold or served foods must meet the nutrient standards shown in the Nutrient Standards for Foods by Grade Level chart contained herein.

NUTRITION STANDARDS FOR FOOD AND BEVERAGES (continued)

Food Standards for Middle and High Schools: The only foods that may be sold or served to a student at a middle or high school from midnight until 30 minutes after school ends are **full meals** that meet the federal meal pattern requirements for the National School Lunch or School Breakfast Program, as well as snacks or individual entrees that meet the following definitions and comply with the nutrient standards in the chart below.

Snacks must meet one of the following definitions:

- Be a “whole grain-rich” grain product (as defined by the USDA in 7 CFR 210); or
- First ingredient must be a fruit, vegetable, dairy product, or protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.

Entrées must meet one of the following definitions:

- Contain meat/meat alternate and whole grain-rich food, or
- Contain fruit or non-fried vegetable and meat/meat alternate, or
- Contain meat/meat alternate alone (except for yogurt, cheese, nuts, seeds, or meat snacks, which are considered Snacks and must follow the Snacks nutrient standards).

Nutrient Standards for Foods by Grade Level: Any entity and/or individual interested in donating, serving, or selling food to students on school campuses from midnight to 30 minutes after school ends, must meet the following nutrient standards, inclusive of condiments and accompaniments served with each item:

Nutrient	Elementary	Middle	High
Calories per serving: Snacks	≤ 200 calories	≤ 200 calories	≤ 200 calories
Calories per serving: Entrees	Not allowed	≤ 350 calories	≤ 350 calories
Sodium per serving: Snacks	≤ 200 mg	≤ 200 mg	≤ 200 mg
Sodium per serving: Entrees	Not allowed	≤ 480 mg	≤ 480 mg
Fat: % of calories from total fat	≤ 35% of calories	≤ 35% of calories	≤ 35% of calories
% of calories from saturated fat	< 10% of calories	< 10% of calories	< 10% of calories
Trans fat per serving	<0.5 grams	<0.5 grams	<0.5 grams
Total sugar content by weight	≤ 35% of weight	≤ 35% of weight	≤ 35% of weight

Foods Exempt from Specific Nutrient Standards:

The following foods are exempt from the **total fat** standard:

- Reduced fat cheese packaged for individual sale
- Nuts, seeds, nut/seed butters packaged for individual sale, with no added sugar or fat
- Products consisting of only dried fruit with nuts/seeds, with no added sugar or fat
- Fruit: fresh, frozen, or canned in water or 100% juice
- Non-fried vegetables: fresh, frozen, canned

NUTRITION STANDARDS FOR FOOD AND BEVERAGES (continued)

The following foods are exempt from the **saturated fat** standard:

- Reduced fat cheese packaged for individual sale
- Products consisting of only dried fruit with nuts/seeds, with no added sugar or fat
- Nuts, seeds, nut/seed butters packaged for individual sale, with no added sugar or fat

The following foods are exempt from the **sugar** standard:

- Fruit: fresh, frozen, or canned in water or 100% juice
- Non-fried vegetables: fresh, frozen, canned
- Products consisting of only dried fruit with nuts/seeds, with no added sugar or fat

These specific varieties of dried fruits may contain added sugar for processing, and are exempt from the fat and sugar standards: dried blueberries, cranberries, cherries, tropical fruit, chopped dates, and chopped figs.

On middle and high school campuses, individual (a la carte) entrees may be sold by the Food and Nutrition Department on the day of or day after they appear in a reimbursable school meal, provided the entrees meet these standards:

- Contain no more than 400 calories per serving
- Contain no more than 4 grams of fat per 100 calories
- Contain less than 0.5 grams trans fat per portion as packaged or served

Beverage Standards: The following beverages may be sold or served to students on school campuses between midnight and 30 minutes after school, in specified maximum container sizes which vary by grade level, provided they meet the beverage nutrient standards in the chart below:

- Unflavored Water, with or without carbonation (all grade levels)
- Unflavored Low Fat (1%) milk and Unflavored or Flavored Nonfat Milk (all grade levels)
- Nondairy Milk (e.g. soy, almond, rice milks, etc.) (all grade levels)
- Fruit or Vegetable Juice (all grade levels)
- No-Calorie and Low-Calorie Electrolyte Replacement Beverages (**high schools only**)
- Flavored Water (**high schools only**)

Nutrient Standards for Beverages, by Grade Level: All beverages sold, served, or made available to students on school campuses from midnight to 30 minutes after school ends, outside the reimbursable meal programs, must meet the nutrient standards shown in the Compliant Beverage Categories chart below:

NUTRITION STANDARDS FOR FOOD AND BEVERAGES (continued)

Compliant Beverage Categories	Elementary	Middle	High
Water: Plain (with or without carbonation) No added, flavor, or sweetener of any kind.	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored ≥ 25% DV for Calcium; added Vitamins A and D ≤ 28 grams total sugar per 8 fluid ounces	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
Nonfat Milk (Skim), Flavored or Unflavored ≥ 25% DV for Calcium; added Vitamins A and D ≤ 28 grams total sugar per 8 fluid ounces	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
Nondairy Milk (soy, almond, rice milks, etc.) ≤ 28 grams total sugar per 8 fluid ounces ≤ 5 grams of fat per 8 fluid ounces Nutritionally equivalent to dairy milk: <ul style="list-style-type: none"> • ≥ 276 mg calcium per 8 fluid ounces • ≥ 8 g protein per 8 fluid ounces • ≥ 500 IU vitamin A per 8 fluid ounces • ≥ 100 IU vitamin D per 8 fluid ounces • ≥ 24 mg magnesium per 8 fluid ounces • ≥ 222 mg phosphorus per 8 fluid ounces • ≥ 349 mg potassium per 8 fluid ounces • ≥ 0.44 mg riboflavin per 8 fluid ounces • ≥ 1.1 mcg vitamin B12 per 8 fluid ounces 	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
100% Fruit or Vegetable Juice No added sweetener of any kind	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
≥ 50% Fruit or Vegetable Juice Plain or carbonated, with no added sweetener	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 12 fl. oz.
No-Calorie Electrolyte Replacement Beverages (ERB) Water as the first ingredient listed. ≤ 5 calories per 8 fl. oz. ≤ 16.8 grams added sweetener per 8 fluid ounces 10 to 150 milligrams of sodium per 8 fl. oz. 10 to 90 milligrams of potassium per 8 fl. oz.	Not Allowed	Not Allowed	≤ 20 fl. oz. No added caffeine
Low-Calorie Electrolyte Replacement Beverages (ERB) Water as the first ingredient listed. ≤ 40 calories per 8 fl. oz. ≤ 16.8 grams added sweetener per 8 fluid ounces 10 to 150 milligrams of sodium per 8 fl. oz. 10 to 90 milligrams of potassium per 8 fl. oz.	Not Allowed	Not Allowed	≤ 12 fl. oz. No added caffeine
No-Calorie Flavored Water (with or without carbonation) No added sweeteners, no added caffeine. ≤ 5 calories per 8 fl. oz.	Not Allowed	Not Allowed	≤ 20 fl. oz.
Low-Calorie Flavored Water (with or without carbonation) No added sweeteners, no added caffeine. ≤ 40 calories per 8 fl. oz.	Not Allowed	Not Allowed	≤ 12 fl. oz.

NUTRITION STANDARDS FOR FOOD AND BEVERAGES (continued)

Non-Compliant Beverages and Foods (All Grade Levels): The following food and beverages may not be served, sold, or given to students on school grounds from midnight through 30 minutes after the school day ends:

- Caffeinated beverages, i.e., coffee, tea, energy drinks (Does not include chocolate milk)
- Beverages in glass bottles
- Sodas (regular and diet)
- Beverages containing added nutritional supplements, i.e., ginkgo, ginseng, etc.
- Foods that are deep fried, par fried, or flash fried on sit.
- Items without ingredient labels or nutrition facts information on the packaging, except for foods or beverages served by the Food and Nutrition Department
- Foods containing 0.5 grams or more of trans fat per portion as packaged or served
- Homemade foods prepared or stored in a private home, except personal use items

Drinking Water: The District shall provide access to free, fresh drinking water during meal times in Food and Nutrition areas at all District schools, including, but not limited to, areas where reimbursable meals under the National School Lunch or Breakfast Program are served or consumed. (Education Code 38086; 42 USC 1758)

Marketing and Labeling: Beverages must be marketed or labeled as water, milk, juice, or an ERB. A beverage marketed and labeled as a “sports drink” can be considered an ERB. If the beverage is marketed or labeled as one of the allowable beverage categories, it must meet all criteria within its identified category to be deemed compliant. Conversely, if a beverage is not marketed as milk, water, juice, or ERB, it is not compliant (e.g., coffee, tea, soda, etc.). The categories, grade levels, and criteria for all compliant beverages are contained in the above chart.

Vending machines: Vending machines may be approved that will dispense items only during certain hours, through the use of timers. No food or drink items shall be offered in vending machines unless they have been approved by the Director of Food and Nutrition, based upon federal and state regulations. Vending machines must not be operated in competition with the Food and Nutrition Program. Vending machines operated by school sites will not be located in close proximity to nutrition centers and school lunch areas.

Recordkeeping Requirements: Federal law requires the District to maintain-records for each group or individual selling competitive foods to demonstrate compliance with competitive food and beverage requirements. At a minimum, records must include receipts, nutrition labels, ingredient lists and/or product specifications for the competitive food available for sale to students. Records must be kept on file for review by the USDA and California Department of Education for three (3) years.