

LTUSD ELEMENTARY SCHOOLS – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. Can ONLY be a:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food
 - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
 - e. Whole grain item

AND

2. Must meet the following:
 - a. \leq 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - b. $<$ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - c. \leq 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
 - d. $<$ 0.5 grams trans fat per serving (no exceptions), **and**
 - e. \leq 200 milligrams sodium (no exceptions), **and**
 - f. \leq 175 calories per item/container (no exceptions)

OR

1. Meet the nutrient standards in #2 above

AND

2. Be a full meal that meets the USDA school meal pattern

AND

3. Each food in the meal must:
 - a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, **or**
 - b. Contain \geq 10% DV for calcium, potassium, Vit D, or dietary fiber, **or**
 - c. Be a combo food containing $\frac{1}{4}$ cup of fruit or non-fried vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Whole grain:

- a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." **or**
- b. The first listed grain ingredient is whole grain, **or**
- c. A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), **or**
- d. The weight of the whole grain must be at least 51% of the total grain weight of the product.

Non-compliant foods may be sold from one-half hour after school through midnight.

LTUSD ELEMENTARY SCHOOLS – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
 - c. \leq 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - \geq 276 mg calcium
 - \geq 8 g protein
 - \geq 500 IU Vit A
 - \geq 100 IU Vit D
 - \geq 24 mg magnesium
 - \geq 222 mg phosphorus
 - \geq 349 mg potassium
 - \geq 0.44 mg riboflavin
 - \geq 1.1 mcg Vit B12, **and**
 - b. \leq 28 grams of total sugar per 8 fl. oz., **and**
 - c. \leq 5 grams fat per 8 fl. oz.
 - d. \leq 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

LTUSD ELEMENTARY SCHOOLS – ALL ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500, LTUSD AR 3554

Effective during school hours.

Applies to food and beverage sales by any group or organization.

All organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **Superintendent or Director of School Nutrition**.
3. The sale must occur **after the lunch period** has ended through midnight.
4. The food or beverage item **cannot be prepared on campus**.
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

NOTE: Groups or individuals selling foods/beverages to students are required to keep their own detailed records as proof of compliance.

START HERE, and then continue clockwise.**LTUSD MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. “**Snack**” food items must be:

- ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

AND

Must meet one of the following:

- Be a fruit, vegetable, dairy, protein, or whole grain food OR
- Contain ≥ 10% DV for calcium, potassium, Vitamin D, or dietary fiber (criteria applicable through 6/30/16) OR
- Be a combination food containing at least ¼ cup fruit or vegetable.

2. “**Entrée**” food items must be:

- Meat/meat alternate and whole grain rich food; **or**
- Fruit or non-fried vegetable and meat/meat alternate; **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks),

AND

An entrée offered the day of or the day after on the reimbursable meal program menu and sold a la carte must be:

- ≤ 400 calories **AND**
- ≤ 4 grams of fat per 100 calories.

An entrée sold by another entity/organization must be:

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-compliant foods may be sold from one-half hour after school through midnight.

NOTE: Groups or individuals selling foods/beverages to students are required to keep their own detailed records as proof of compliance.

LTUSD MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

- Fruit or Vegetable juice:
 - ≥ 50% juice **and**
 - No added sweeteners
 - ≤ 12 fl. oz. serving size
- Milk:
 - Cow's or goat's milk, **and**
 - 1% (unflavored), nonfat (flavored, unflavored), **and**
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - ≤ 28 grams of total sugar per 8 fl. oz.
 - ≤ 12 fl. oz. serving size
- Non-dairy milk:
 - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
 - ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - ≤ 5 grams fat per 8 fl. oz.
 - ≤ 12 fl. oz. serving size
- Water:
 - No added sweeteners
 - No serving size limit
- Other Non-calorie Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - Water as first ingredient
 - ≤ 16.8 grams added sweetener/8 fl. oz.
 - ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - 10-150 mg Na+/8 fl. oz.
 - 10-90 mg K+/8 fl. oz.
 - No added caffeine
 - ≤ 20 fl. oz. serving size
- Other Low-calorie Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - Water as first ingredient
 - ≤ 16.8 grams added sweetener/8 fl. oz.
 - ≤ 40 calories/8 fl. oz.
 - 10-150 mg Na+/8 fl. oz.
 - 10-90 mg K+/8 fl. oz.
 - No added caffeine
 - ≤ 12 fl. oz. serving size

Non-compliant foods may be sold from one-half hour after school through midnight.

LTUSD MIDDLE/HIGH SCHOOLS – ALL ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500-15501, LTUSD AR 3554

Effective during school hours.

Applies to food and beverage sales by any group or organization.

- Only one food or beverage item per sale.
- Food or beverage item must be **pre-approved** by Superintendent or Director of School Nutrition
- The sale must occur after the lunch period has ended through midnight.
- Food(s) or beverage(s) **cannot be prepared on the campus.**
- The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
- Each school is allowed eight sales per year.

NOTE: Groups or individuals selling foods/beverages to students are required to keep their own detailed records as proof of compliance.