

# This is the Law:

## Smart Snacks 2014 Nutrition Standards for Foods (*updated by USDA January 1, 2017*):

**All snacks, a la carte food\* and fundraising items** sold to a student in Middle School from midnight before school to one-half hour after the end of school shall meet the following standards.

### **Any food sold to a student in Middle Schools must:**

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable;

### **Foods must also meet these nutrient requirements:**

#### **Calorie Limits:**

- ✓ Snack items: ≤ 200 calories
- ✓ A la Carte Entrée items: ≤ 350 calories

#### **Sodium Limits:**

- ✓ Snack items: ≤ 200 mg
- ✓ A la Carte Entrée items: ≤ 480 mg

#### **Fat Limits:**

- ✓ Total fat: ≤35% of calories\*\*
- ✓ Saturated fat: < 10% of calories
- ✓ Trans fat: zero grams

#### **Sugar Limits:**

- ✓ ≤ 35% of weight from total sugars in foods\*\*\*



## **School Meals:**

The Health Department guidelines states that all school meals should be eaten on campus. No perishable foods should be taken from the cafeteria. **We encourage parents NOT to bring/send food from Fast Food Restaurants in the area for their student, and to send/bring a student lunch from home if not eating in the cafeteria.**

## **Fundraising:**

We are focused on the health of our school environment, following standards for all foods and beverages sold in school by any entity including student organizations. The following criteria apply to sales by student organizations or outside vendors:

- ☑ Food and beverages must be pre-approved by Nutrition Services
- ☑ Food or beverages cannot be prepared on campus
- ☑ The food and beverage categories sold cannot be the same as the categories sold in the NS program at that school during the same school day.

**Per USDA Regulations:** The school may permit the sale of food items and beverages that do not comply with the Smart Snacks Standards as part of a school event/fundraiser if the sale of those items meets all of the following criteria:

- The sale of those items takes place off of and away from school premises.
- The sale of those items takes place on school premises at least one-half hour after the end of the school day.
- The sale of those items occurs during a school-sponsored student activity after the end of the school day.

## **2014 Nutrition Standards for Beverages:**

**All beverages sold to a student in Middle School from midnight before school to one-half hour after the end of school shall meet the following criteria:**

Beverages Allowed	Size
Plain or carbonated water	Any size
Low fat milk (1%), unflavored	≤12oz
Non-fat milk (skim), flavored or unflavored*	≤12oz
100% fruit or vegetable juice (plain or carbonated) with no added sweeteners	≤12oz
100% fruit or vegetable juice, diluted with water (plain or carbonated) with no added sweeteners	≤12oz

## **Milk options must contain:**

- **Cow's milk** (or goat's milk): 1%, or nonfat; contains Vitamins A & D; contains at least 25% of the Daily Value (% DV) for calcium; contains no more than 28 grams of total sugar per 8 fluid ounces
- **Non-dairy milk** (soy or other): contains vitamins A & D; at least 25% of the Daily Value (% DV) for calcium; no more than 28 grams of total sugar and 5 grams of fat or less per 8 fluid ounces.

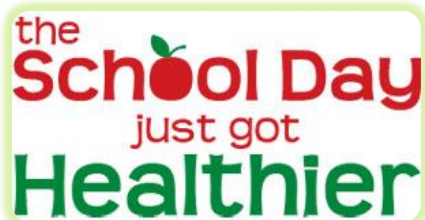
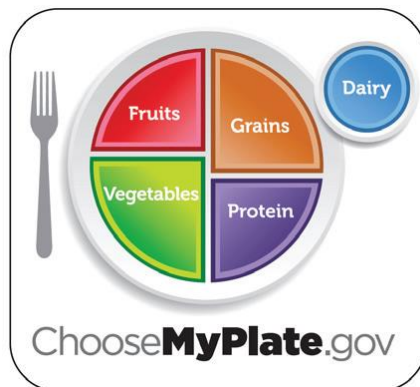


## **Beverages Not Allowed:**

**Soda, Electrolyte Replacement, Caffeinated Beverages, and Flavored Water.**

# School Wellness Policy

- A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students health, well-being, and ability to learn.
- On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies during the 2016-17 school year. LEA’s must fully comply with the requirements of the final rule by June 30, 2017.
- The Board of Education recognizes the link between student health and learning so they have developed a School Wellness Policy to promote healthy eating and physical activity for District students. Nutritional guidelines have been developed for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
- ✓ With the implementation of the revised Wellness Policy effective July 1, 2019 changes have been made that will affect what can be brought in from the outside for classroom events, celebrations, teacher celebrations, and vendors.
- ✓ Available at: [www.menifeeschoolmeal.com](http://www.menifeeschoolmeal.com)



# Menifee USD NUTRITION SERVICES

2019-2020

## Middle School

### FOOD LAWS & NUTRITION STANDARDS

