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“Quality Work by Quality People”

To: Middle and High School Principals

Bulletin No. 18-023

From: Adriane Robles, Director
Nutrition Services

Date: July 23, 2018

Subject: **Middle and High School Student Food and Beverage Guidelines**

(Ed. Code sections 49430, 49431.2; 49431.7, CCR sections 15575, 15577, 15578, Code of Federal Regulations section 210.11, 220.12)

Our district must comply with all food/beverage requirements and prohibitions as defined by the U.S. Department of Agriculture (USDA) nutritional guidelines as mandated by California Education Code and California Code of Regulations.

STUDENT FOODS

1. The following food restrictions are effective **from midnight to one-half hour after school**. These food restrictions apply to **ALL** foods sold to students by any entity.
2. Foods that can be sold on the school campus **outside the school meal program** to students include:

A. Snack food items must be:

- \leq 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- $<$ 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- \leq 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- $<$ 0.5 grams trans fat per serving (no exceptions), and
- \leq 200 milligrams sodium per item/container (no exceptions), and
- \leq 200 calories per item/container (no exceptions)

AND must meet one of the following

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable.

B. “Entrée” ” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- **AND must meet the following:**
- A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:
 - \leq 400 calories, and
 - \leq 35% calories from fat
 - $<$ 0.5 grams trans fat per serving

C. Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

** A whole grain item contains:*

The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..., " or

A whole grain as the first ingredient, or

A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or

At least 51% whole grain by weight.

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

STUDENT BEVERAGES

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

From midnight to one-half hour after school, only the following beverages may be sold to a student:

1. Fruit and vegetable juice
 - a. $\geq 50\%$ juice and
 - b. No added sweeteners
 - c. ≤ 12 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. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy Milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. ≤ 28 grams of total sugar per 8 fl. oz., and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (High School Only)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie)
 - b. OR ≤ 40 calories/8 fl. oz. (low calorie)
 - c. Water as first ingredient
 - d. ≤ 16.8 grams added sweetener/8 fl. oz.
 - e. 10-150 mg sodium/8 fl. oz.
 - f. 10-90 mg potassium/8 fl. oz.
 - g. No added caffeine
 - h. ≤ 20 fl. oz. serving size (no calorie)
 - i. OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie)
OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie)
OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND **all** of the following

- Sales must be pre-approved by the Nutrition Services Department.
 - **Nutritional information must accompany all ASB requests submitted for approval at least ten days prior to the event.**
- Only one student organization may sell no more than **three types** categories of approved foods or beverages each day.
- **Only commercially prepared and packaged foods and beverages are to be sold.**
 - Food(s) or beverage(s) cannot be prepared on the campus.
- Food or beverage item cannot be the same categories sold in the food service program at that school during the same school day.
- In addition to one student organization sale each day, any and all student organizations may sell on the same **four designated days** per year. School administration may set these dates.

Student store food sales must be compliant snacks and **cannot** be sold during breakfast and lunch meal services.

If you have any questions regarding this information, please contact your site's Nutrition Services Supervisor or Nutrition Specialist at 881-8000.