

## **ADMINISTRATIVE GUIDELINES FOR COMPETITIVE FOODS IN THE CAFETERIA**

### **A la Carte Foods - snacks**

A minimum of one fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will not contain sugar as the first ingredient.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.

A minimum of 75% of snack foods offered in elementary schools and 60% of snack foods offered in secondary schools will meet the criteria outlined below:

- No more than 200 total calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

### **A la Carte Beverages**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

A minimum of 75% of beverages offered in elementary schools and 60% of beverages offered in secondary schools will meet the criteria outlined below:

- 100% fruit and vegetable juice, limited to 12 oz. portion sizes
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

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### **Vending Foods - snacks**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will not contain sugar as the first ingredient.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.

A minimum of 60% of snack foods offered in secondary schools will meet the criteria outlined below:

- No more than 200 total calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

### **Vending Beverages**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

A minimum of 60% of beverages offered in secondary schools will meet the criteria outlined below:

- 100% fruit and vegetable juice, limited to 12 oz. portion sizes
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

There will be no vending for students in the elementary schools.