

START HERE, and then continue clockwise.**EFFECTIVE 7/1/2014****ELEMENTARY SCHOOL – 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 230 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.

ELEMENTARY 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

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.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Effective during school hours.

Applies to food and beverage sales by student organizations.

Student 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 **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
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.

START HERE, and then continue clockwise.**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:**

- a. ≤ 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. ≤ 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. ≤ 230 milligrams sodium (no exceptions), and
- f. ≤ 200 calories per item/container (no exceptions)

2. "Entrée" food items must be:

- a. Meat/meat alternate and whole grain rich food; or
- b. Meat/meat alternate and fruit or non-fried vegetable; or
- c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these must meet snack standards),

AND

If the entrée is on the reimbursable meal menu the day of or the day after and sold a la carte must be:

- a. ≤ 400 calories, and
- b. ≤ 4 grams of fat per every 100 calories

If the entrée is sold by any other entity (PTA, student organization, etc.) must be:

- a. ≤ 35% calories from fat, and
- b. < 10% calories from saturated fat, and
- c. ≤ 35% sugar by weight, and
- d. < 0.5 grams trans fat per serving, and
- e. ≤ 480 milligrams sodium, and
- f. ≤ 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.

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:

1. Fruit or Vegetable juice:
 - a. ≥ 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. ≥ 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. Other Non-calorie Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Other Low-calorie Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

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

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization may be allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.
5. 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.
6. 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.