EFFECTIVE 7/1/2014

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. ≤ 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. ≤ 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 ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber, or
   c. Be a combo food containing 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

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. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 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. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 8 fl. oz. serving size

3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.80(3)), must contain per 8 fl. oz.:
      i. ≥ 276 mg calcium
      ii. ≥ 8 g protein
      iii. ≥ 500 IU Vit A
      iv. ≥ 100 IU Vit D
      v. ≥ 24 mg magnesium
      vi. ≥ 222 mg phosphorus
      vii. ≥ 349 mg potassium
      viii. ≥ 0.44 mg riboflavin
      ix. ≥ 1.1 mcg Vit B12, and
   b. ≤ 28 grams of total sugar per 8 fl. oz, and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 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.
MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS
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((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.