

BUSINESS AND NONINSTRUCTIONAL OPERATIONS
FOOD SERVICE/CHILD NUTRITION PROGRAM

Nutritional Standards

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. (42 USC 1758, 1773)

Beginning July 1, 2007, the only foods that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education code 49431)

- a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
- b. Not more than 10 percent of the food item's total calories is from saturated fat.
- c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
- d. Its total calories do not exceed 175 calories.

Beginning July 1, 2007, foods sold to students in middle schools, junior high schools, and high schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards (Education Code 49430, 49431.2)

1. Each entrée item shall:
 - a. Not exceed 400 calories
 - b. Contain no more than four grams of fat per 100 calories
 - c. Be categorized as an entrée item in the National School Lunch or School Breakfast program.
2. For each snack item that supplements a meal:
 - a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sales, fruits, vegetables that have not been deep fried, or legumes.
 - b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
 - c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetable that have not been deep fried.
 - d. It's total calories shall NOT exceed 250 calories.

The district's food service program may give priority to serving unprocessed foods and ingredients and fresh fruits and vegetables that have not been deep fried.

1. The only beverages that may be sold to elementary students regardless of the time of day are: (Education Code 49431.5)
 - a. Fruit based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
 - b. Vegetable based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
 - c. Drinking water with no added sweetener
 - d. Milk that is 1 percent fat, 2 percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk.
2. The only beverages that may be sold to middle school or junior high school students from one-half hour before the start of the school day until after the end of the last lunch period are:
 - a. Fruit-based drinks that are composed of no less than 50 percent fruit juice and that have no added sweeteners
 - b. Vegetable based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener

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- c. Drinking water with no added sweetener
- d. Milk, including but not limited to chocolate milk, soy milk, rice milk and other similar dairy or nondairy milk
- e. An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving

Beginning July 1, 2007, all of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards specified in items 1-5 above. (Education Code 49431.5)

For schools participating in the National School Lunch and School Breakfast Programs, meals shall also meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by (7 CFR 210.10 and 220.8).

Reviewed By CSBA Legal Counsel:	11/00/05
Approved by Superintendent:	05/31/07