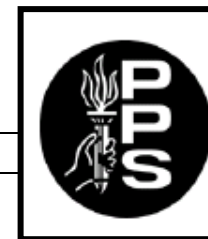
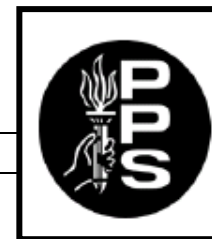


Quick Reference Guide for Food Served and Sold on Campus



	Elementary and Middle Schools	High Schools
School Meals	<p>REQUIRED</p> <ul style="list-style-type: none"> Available to all students Meals meet US Dietary Guidelines Unlimited fresh fruit and vegetables offered with lunch No a la carte foods sold EXCEPT water, 100% juice and milk <p>RECOMMENDED</p> <ul style="list-style-type: none"> Vegetarian option offered daily Locally grown and less processed foods preferred 	<p>REQUIRED</p> <ul style="list-style-type: none"> Available to all students Meals meet US Dietary Guidelines Unlimited fresh fruit and vegetables offered with lunch No a la carte foods sold EXCEPT water, 100% juice, and milk <p>RECOMMENDED</p> <ul style="list-style-type: none"> Vegetarian option offered daily Locally grown and less processed foods preferred
	Elementary and Middle Schools	High Schools
Meal Times	<p>RECOMMENDED</p> <ul style="list-style-type: none"> 10 minutes after sitting for breakfast 20 minutes after sitting for lunch Recess before lunch 	<p>RECOMMENDED</p> <ul style="list-style-type: none"> 10 minutes after sitting for breakfast 20 minutes after sitting for lunch
	Elementary and Middle Schools	High Schools
Dining Environment	<p>REQUIRED</p> <ul style="list-style-type: none"> Clean, safe and pleasant Adequate seating Functioning drinking fountains near by 	<p>REQUIRED</p> <ul style="list-style-type: none"> Clean, safe and pleasant Adequate seating Functioning drinking fountains near by
	Elementary and Middle Schools	High Schools
Vending Machines	<p>REQUIRED VENDING STANDARDS</p> <p>Middle Schools Only</p> <ul style="list-style-type: none"> Water – No limit on size Fruit & veg juice (no sugar added) –10 oz/150 calorie max. Milk – 10 oz/190 cal max. Low or no calorie beverages – Not allowed Other beverages – Not allowed Individually vended snacks – Not allowed <p>No vending machines in Elementary Schools</p>	<p>REQUIRED VENDING STANDARDS</p> <ul style="list-style-type: none"> Water – No limit on size Fruit & veg juice (no sugar added) –12 oz/180 calorie max Milk – 12 oz/225 cal max Low or no cal beverage – 12 oz/15 calories max Other beverages – 12 oz/100 calories total max Individually vended snacks may have no more than: <ol style="list-style-type: none"> 35% of calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale). 10% of calories from saturated fat (excluding eggs and cheese packaged for individual sale). 35% sugar by weight (excluding fruits and vegetables). 200 calories One serving per package



	Elementary and Middle Schools	High Schools
Student Stores and Fundraisers	<p>REQUIRED <u>During the School Day</u> <i>"No food sales of any type apart from Nutrition Services will be allowed until 30 minutes after the end of the last lunch period" 3.60.010 – AD</i> <u>From 30 minutes after the end of the last lunch period through 30 minutes after the end of the school day the following foods are permitted:</u></p> <ul style="list-style-type: none"> • Water – No limit on size • Fruit & veg. juice (no sugar added) K-5 - 8 oz & 120 calories max. 6-8 – 10 oz & 150 calories max. • Milk K-5 – 8 oz & 150 calories max. 6-8 – 10 oz & 190 calories max. • Low or no calorie beverages – Not allowed • Other beverages – Not allowed • Individually sold foods or snacks have no more than: <ol style="list-style-type: none"> 1. 35% of calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). 2. 10% of calories from saturated fat (excluding eggs and cheese packaged for individual sale) 3. 35% sugar by weight (excluding fruits and veg.) 4. 150 calories (K-5) 5. 180 calories (6-8) 6. One serving per package <p><u>During extended school activities</u> – same as above <u>Public events (30 min after end of school day)</u> - Unrestricted</p>	<p>REQUIRED <u>During the School Day</u> <i>"No food sales of any type apart from Nutrition Services will be allowed until 30 minutes after the end of the last lunch period" 3.60.010 – AD</i> <u>From 30 minutes after the end of the last lunch period through 30 minutes after the end of the school day the following foods are permitted:</u></p> <ul style="list-style-type: none"> • Water – No limit on size • Fruit & veg. juice (no sugar added) 9-12 - 12 oz & 180 calories max. • Milk – 12 oz & 225 calories max. • Low or no calorie beverages – 12 oz & 15 calories max. • Other beverages – 12 oz & 100 calories max. • Individually sold foods or snacks have no more than: <ol style="list-style-type: none"> 1. 35% of calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale) 2. 10% of calories from saturated fat (excluding eggs and cheese packaged for individual sale) 3. 35% sugar by weight (excluding fruits and veg.) 4. 200 calories 5. One serving per package <p><u>During extended school activities (clubs, yearbook, athletic practices, band and drama rehearsals)</u> – same as above <u>Public events (30 min after end of school day)</u> - Unrestricted</p>
	Elementary and Middle Schools	High Schools
School and Classroom Parties	<p>REQUIRED</p> <ul style="list-style-type: none"> • When minimally nutritious foods are served, provide nutritious alternatives. <p>RECOMMENDED</p> <ul style="list-style-type: none"> • Limit frequency and schedule so as not to disrupt instructional time or meal service. 	<p>REQUIRED</p> <ul style="list-style-type: none"> • When minimally nutritious foods are served, provide nutritious alternatives. <p>RECOMMENDED</p> <ul style="list-style-type: none"> • Limit frequency and schedule so as not to disrupt instructional time or meal service.