

**ELEMENTARY SCHOOL – FOOD RESTRICTIONS**

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

**Compliant foods:**

**MUST meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

**AND must meet the following nutrition standards:**

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except dried fruit\*\*/vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), **and**
- ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)

All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from ALL nutrition standards.

**Paired foods:**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

**National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees:**

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit/vegetable, **or**
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- AND must meet nutrition standards (see above).

\* A whole grain item contains:

- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 50% of the total grain weight.

\*\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.

All foods must be caffeine-free (trace amounts are allowable).

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.**

**Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS**

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** beverages sold to students by any entity.

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. 100% juice (can be diluted with water, no dilution limit) **and**
  - b. No added sweeteners
  - c. ≤ 8 fl. oz. serving size
2. Milk:
  - a. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - b. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk, must contain per 8 fl. oz.:
    - ≥ 276 mg calcium
    - ≥ 8 g protein
    - ≥ 500 IU Vit A
    - ≥ 100 IU Vit D
    - ≥ 24 mg magnesium
    - ≥ 222 mg phosphorus
    - ≥ 349 mg potassium
    - ≥ 0.44 mg riboflavin
    - ≥ 1.1 mcg Vit B12, **and**
  - b. ≤ 8 fl. oz. serving size
4. Water:
  - a. No added sweeteners, flavors, etc.
  - b. No serving size

All beverages must be caffeine-free (trace amounts allowable).

**MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

**Compliant foods:**

**MUST meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

**AND must meet the following nutrition standards:**

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except dried fruit\*\*/vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), **and**
- ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)

All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from ALL nutrition standards.

**Paired foods:**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

**National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees:**

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit/vegetable, **or**
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- **AND** must meet nutrition standards (see above).

\* A whole grain item contains:

- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 50% of the total grain weight.

\*\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.

Foods containing caffeine are NOT allowed in middle school.

Foods containing caffeine ARE allowed in high school.

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES. Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS**

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** beverages sold to students by any entity.

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. 100% juice (can be diluted with water, no dilution limit) **and**
  - b. No added sweeteners
  - c. ≤ 12 fl. oz. serving size
2. Milk:
  - a. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - b. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk, must contain per 8 fl. oz.:
    - ≥ 276 mg calcium
    - ≥ 8 g protein
    - ≥ 500 IU Vit A
    - ≥ 100 IU Vit D
    - ≥ 24 mg magnesium
    - ≥ 222 mg phosphorus
    - ≥ 349 mg potassium
    - ≥ 0.44 mg riboflavin
    - ≥ 1.1 mcg Vit B12, **and**
  - b. ≤ 12 fl. oz. serving size
4. Water:
  - a. No added sweeteners, flavors, etc.
  - b. No serving size
5. Other flavored beverages (“no calorie”):
 

(HIGH SCHOOLS ONLY)

  - a. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
  - b. ≤ 20 fl. oz. serving size
6. Other flavored beverages (“low calorie”):
 

(HIGH SCHOOLS ONLY)

  - a. ≤ 40 calories/8 fl. oz.
  - b. ≤ 12 fl. oz. serving size

Caffeinated beverages are NOT allowed in middle school.  
Caffeinated beverages ARE allowed in high school.