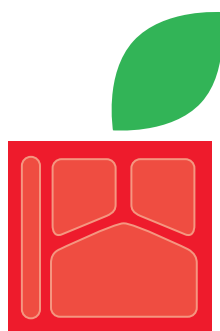


Texas Public School Nutrition Policy at a Glance



square meals

Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Texas Department of Agriculture • Susan Combs, Commissioner

	POLICY	ELEMENTARY SCHOOLS (a campus containing a combination of grades early elementary to 6)	MIDDLE/JUNIOR HIGH SCHOOLS (a campus containing grades 6, 7 and 8; grades 7 and 8; or grades 7, 8 and 9)	HIGH SCHOOLS (a campus containing a combination of grades 9, 10, 11 and 12)
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Foods of Minimal Nutritional Value*

SODA WATER
Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

WATER ICES
Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

CHEWING GUM
Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

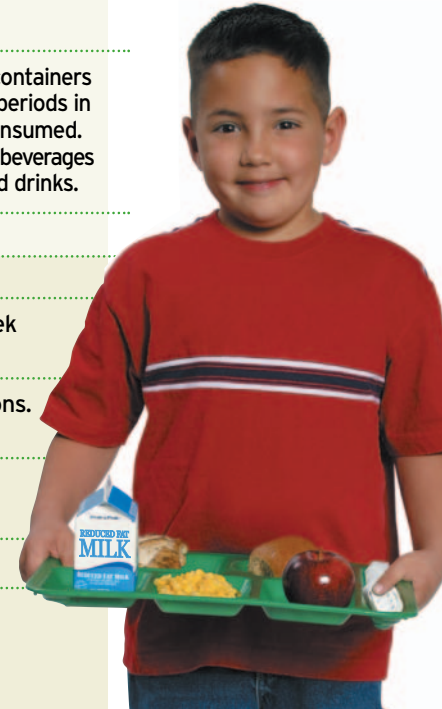
CERTAIN CANDIES
Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

*Some items have received exemptions from USDA. Go to www.squaremeals.org for that list.

(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served and/or consumed, including during any exempted events.)



FMNVs (Foods of Minimal Nutritional Value)	Not allowed at any time during the school day.	Not allowed until after the last lunch period.	Not allowed during meal periods in areas where reimbursable meals are served and consumed.
CANDY (Including candy bars and packaged candies not included as FMNVs.)	Not allowed at any time during the school day.	Not allowed until after the last lunch period.	Allowed.
COMPETITIVE FOODS (All food and beverages that are not provided by school food service.)	Not allowed at any time during the school day.	Not allowed during meal periods.	Not allowed during meal periods in areas where reimbursable meals are served and consumed.
FRENCH FRIES AND FRIED POTATO PRODUCTS (Except chips—see Portion Chart.)	May not exceed 3 oz. servings, may only be served once a week, and may only be purchased one serving at a time.	May not exceed 3 oz. servings, may only be served three times a week, and may only be purchased one serving at a time.	May not exceed 3 oz. servings and may only be purchased one serving at a time.
CARBONATED BEVERAGES	Not allowed at any time during the school day.	Not allowed until after the last lunch period.	Sugared, carbonated beverages cannot be sold in containers larger than 12 oz. and are not allowed during meal periods in areas where reimbursable meals are served and consumed. By 2005-06 school year: no more than 30 percent of beverages in vending machines should be sugared, carbonated drinks.
PORTION SIZES	See Portion Chart (below)	See Portion Chart (below)	See Portion Chart (below)
DEEP-FAT FRYING	For elementary, middle and high schools ▶	Should be eliminated as a method of preparation as soon as possible. Refer to target dates in full policy.	
FATS	For elementary, middle and high schools ▶	Food items containing more than 28 grams of fat per serving size cannot be served more than twice per week (2006-07 school year goal: reduce limit to 23 grams).	
TRANS FATS	For elementary, middle and high schools ▶	By 2005-06 school year, schools should include a request for trans fat information in all product specifications. By 2007-08, schools should reduce the purchase of products containing trans fats.	
MILK	For elementary, middle and high schools ▶	Must offer 2 percent, 1 percent or skim milk at all points where milk is served. Flavored milk cannot contain more than 30 grams of sugar per 8 oz. serving.	
FRUITS AND VEGETABLES	For elementary, middle and high schools ▶	Should be offered daily on all points of service, preferably fresh.	
FRUIT/VEGETABLE JUICES	For elementary schools only ▶	By the beginning of 2006-07 school year, all beverages served in elementary schools will be milk, unflavored water and 100 percent fruit and/or vegetable juices.	



PORTION CHART	ELEMENTARY SCHOOLS	MIDDLE SCHOOLS	HIGH SCHOOLS
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FOOD OR BEVERAGE	For elementary, middle and high schools ▶	The maximum portion size restrictions below apply to all food and beverages served or made available to students with the exception of school meals, which are governed by USDA regulations.	
Chips (regular)	1 ounce	1 ounce	1.25 ounces
Chips (baked), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels	1.5 ounces	1.5 ounces	1.5 ounces
Cookies/cereal bars	2 ounces	2 ounces	2 ounces
Bakery items (e.g., pastries, muffins)	3 ounces	3 ounces	3 ounces
Frozen desserts, ice cream, pudding, Jello	4 ounces	4 ounces	4 ounces
Yogurt	8 ounces	8 ounces	8 ounces
Whole milk, flavored or unflavored	8 ounces	8 ounces	8 ounces
Reduced fat milk, flavored or unflavored	16 ounces	16 ounces	16 ounces
Beverages other than milk and those restricted as FMNVs (no limit on water)	12 ounces (FMNV-restricted beverages not allowed during the school day.)	12 ounces	12 ounces
Candy bars and packaged candies	Not allowed during the school day. (certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)	1.5 ounces (not allowed until after the last lunch period)	1.5 ounces
Frozen fruit slushes (must contain at least 50 percent fruit juice)	6 ounces	12 ounces	12 ounces

NUTRITION POLICY EXEMPTIONS

WHERE & WHEN	NUTRITION POLICY
Elementary School Classroom Snacks	Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. For nutritious snack ideas, see TDA's listing of "Suggestions for Nutritious Snacks," available on request and at www.squaremeals.org .
Elementary Classroom Birthday Parties	Foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended such parties be scheduled after the end of the class's lunch period so that these celebrations will not replace a nutritious lunch.
Snacks for TAKS Test Days	Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. As with classroom snacks, these must comply with the limits outlined in the Public School Nutrition Policy. For healthy snack ideas, see TDA's listing of "Suggestions for Nutritious Snacks," available on request and at www.squaremeals.org .
Field Trips, Athletic, UIL, Band and Other Competitions	The nutrition policy does not apply to students who leave campus for campus-approved field trips or to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
Other	Certain exemptions are allowed for school nurses, students with special needs and up to three school wide events preapproved by campus officials. (NOTE: Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served/ consumed, including during any exempted events.)

FREQUENTLY ASKED QUESTIONS

How is a "school day" defined?

The school day is defined as beginning with the start of the first breakfast period until the end of the last instruction period of the day (last bell). School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy. If a school operates the federally-funded After School Snack Program, the policy will be in effect until this concludes for the day.

Which school-level policy should K-12 schools follow?

K-12 schools may follow the policy requirements designated for middle school and junior high schools.

Does this policy prohibit school teachers from using competitive foods as an instructional tool in the classroom?

School teachers may use food for instructional purposes as long as the food items are not considered FMNVs or candy.

Do these nutrition standards apply to fundraising?

For middle school and high school campuses, the nutrition standards will apply to food fundraising during the school day. No food fundraising will be allowed on an elementary school campus during the school day; however, schools or school-approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day. TDA has developed a list of ideas for non-food fundraising available at www.squaremeals.org.

For more FAQs, go to www.squaremeals.org.

For answers to additional questions, e-mail TDA at squaremeals@agr.state.tx.us.

This information was compiled in October 2004. For the most current policy updates, go to www.squaremeals.org.

For more information contact the Texas Department of Agriculture, Food and Nutrition Division
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