Texas Public School Nutrition Policy Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs					
Foods of Minimal	POLICY	ELEMENTARY SCHOOLS	MIDDLE/JUNIOR HIGH SCHOOLS	HIGH SCHOOLS	
Nutritional Value (FMNV)	FMNVs and all forms of candy (See policy for exemptions.	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class.			
Soda Water Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein. Water Ices	For a copy of the full policy, go to www.squaremeals.org)	(FMNVs include any carbonated beverage – see list of FMNVs on the left hand side of this page.)			
	Competitive Foods (All food and beverages that are not provided by school food service.)	Not allowed to be provided to students any time anywhere on school premises until after the end of the last scheduled class. All food, beverages and snack items must comply with the nutrition standards and	Not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions	Not allowed during meal periods in areas where reimbursable meals are served and consumed.	
Includes any frozen, sweetened water such as popsicles and other		portion size restrictions in this policy.	in this policy.		
"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	Fats	Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time. (See the full policy for peanut butter exemption.)			
	Deep-fat frying	Must be eliminated as a method of on-site preparation at all schools (end of transition period for facilities requiring extensive changes).			
	French fries and other previously fried potato products (Baked potato products that have not been pre-fried, flash-fried or deepfat fried may be served without restriction.)	Must be baked for on-site preparation. Portions may not exceed 3 oz., may only be served once a week, and may only be purchased by students one serving at a time.	Must be baked for on-site preparation. Portions may not exceed 3 oz., may only be served three times per week, and may only be purchased by students one serving at a time.	Must be baked for on-site preparation. Portions may not exceed 3 oz. and may only be purchased by students one serving at a time.	
	Trans fats	Trans fat information must be requested in all product specifications and the purchase of products containing trans fats must be reduced.			
	Fruits and Vegetables	Must be offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup whenever possible.			
predominantly from sweeteners or artificial	Contracts	Contracts, contract renewals and amendments must expressly comply with this policy.			
sweeteners, including hard candy, jellies and	PORTION CHART	ELEMENTARY SCHOOLS	MIDDLE SCHOOLS	HIGH SCHOOLS	
gums, marshmallow	Chips	1.5 oz. (including baked or fried	chips, no more than 7.5 grams	of fat per bag).	
candies, fondant, licorice, spun candy and candy coated popcorn.	Other (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)	1.5 oz.			
*Some items have received exemptions from USDA. Go to www.squaremeals.org for that list.	Cookies/cereal bars Bakery items (e.g., pastries, muffins)	3 07 saturated fat must	xceed 30 percent of calories or not exceed 10 percent of calori must not exceed more than 10	es or more than 1 gram per	
(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served	Frozen desserts , ice cream, frozen yogurt, pudding or gelatin	4 oz.			
and/or consumed, including during any exempted events.)	1% milk, unflavored only	16 fl. oz.		only offer 1% unflavored flavored or nonfat	
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 –	Nonfat milk, flavored or unflavored	16 fl. oz. Flavored milks must more than 30 grams of sugar	not contain unflavored mi	lk. <u>Flavored milk may only</u>	
	Beverages other than milk	6 fl. oz. Must not contain more than 30 grams total sugar per 6 fl. oz.			
		Elementary schools must serve only milk, unflavored water and 100 percent fruit and or vegetable juice. No electrolyte replacement beverages (sports drinks) may be served or sold. No limit on non-carbonated, unflavored water.	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.		
(a campus containing a combination of grades 9, 10, 11 and 12)	Frozen fruit slushes (must contain at least 50 percent fruit juice)	6 fl. oz.	8 fl. oz.	12 fl. oz.	

percent fruit juice)

Where & When	Nutrition Policy		
Elementary School Classroom Snacks	Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during regular meal periods for that class) 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. Prepackaged snacks must comply with the fat and sugar limits of the Texas Public School Nutrition Policy, and must be single-size servings. All snacks (homemade and prepackaged) may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). 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 and/or consumed, including during any exempted events.)		

Compliance and Penalties

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Please be aware that stricter penalties are now in place when violations of the Texas Public School Nutrition Policy are identified. Please refer to the full policy at www.squaremeals.org for further details on compliance and penalties.

Through the Square Meals initiative funded by the U.S. Department of Agriculture, Food and Nutrition Service, the Texas Department of Agriculture provides a wealth of materials and resources to promote healthy eating to students and their families—from eye-catching cafeteria posters and non-food reward kits to take-home flyers and nutritious recipes. To request materials online, go to www.squaremeals.org and click on the tab "Resources and to Order Materials" to access the online ordering page. You can also visit the site to download a complete copy of the Texas Public School Nutrition Policy along with clarifications on frequently asked questions and more.

For more information contact the Texas Department of Agriculture, Food and Nutrition Division P.O. Box 12847, Austin, Texas 78711 • (877) TEX-MEAL • squaremeals@TexasAgriculture.gov

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