

Nutritional Standards for Competitive Foods in Pleasant Valley School District

Source of Competitive Food	
<p>A la Carte – Food/Snacks</p> <p>* Foods offered through the National School Lunch or School Breakfast Programs may qualify towards meeting this requirement if the item is also offered for sale as an a la carte item.</p> <p>** Includes any item served as a competitive food whether it is part of a reimbursable school meal or solely a competitive food.</p>	<p>The following standards apply to <u>all</u> foods offered as a la carte:</p> <ul style="list-style-type: none"> • Except for entrees, items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grains.* (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh/raw). A variety of fruits and vegetables will be offered day to day.* • A variety of items that provided >2 grams of fiber per serving will be available on a daily basis.* • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week.** These 3 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulations 7 CFR 210 and 220) will not be available anytime during the school day. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35 % sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>**Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p>

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A la Carte – Beverages	<p>A minimum of 75% (100% for grades K-4) of the beverages offered will be:</p> <ul style="list-style-type: none">• Water, unflavored (any size).• 100% fruit juice (not to exceed 6 oz.)• Milk, 1% lowfat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none">• 150 calories• 35 grams of sugar <p>Foods Minimal Nutritional Value (USDA regulations 7 CFR 210 and 220) will not be available anytime during the school day.</p>
Vending – Food/Snacks	<p>Vending will not be available for students in grades K-9. Including grades 10-12, the following standards apply to <u>all</u> foods offered through vending machines:</p> <ul style="list-style-type: none">• Items will be provided <200 calories per serving.• Packages will be in single serving sizes.• A variety of items that provide >2 grams of fiber per serving will be available on a daily basis.• Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. <p>In additional, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none">• <35% of calories from total fat (excluding nuts, seeds, nut butters and reduced fat cheeses).• <10% of calories from saturated fat.

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<p>Vending – Food/Snacks (cont.)</p>	<ul style="list-style-type: none"> • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>** Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p>
<p>Vending – Beverages</p>	<p>Vending will not be available for students in grades K-9. All beverages offered through vending will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz.) • Milk, 1% lowfat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p>
<p>Fundraisers (non-vending)</p>	<p>Food fundraisers sold during the school day will have to follow the nutritional standards for a la carte snacks and beverages. There will be no food sold in the schools to compete with the school breakfast and school lunch programs.</p>

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Classroom Parties/Celebrations/Rewards	<p>Classroom parties will offer items from the suggested list below.</p> <p style="text-align: center;">Healthy Snack Ideas</p> <ul style="list-style-type: none">• Chopped raw vegetables (carrots, cauliflower, broccoli and cherry tomatoes) and low fat dips using yogurt or nonfat sour cream• Sliced cucumbers• Breadsticks or pita chips with hummus• Pretzels or popcorn• Tortilla chips with bean dip or salsa• Crunchy treat: mix cereal (Kix®, Cheerios®), pretzel sticks and raisins together• Toasted whole grain breads (flat-bread crackers) or crackers (Triscuits®) with fruit spread• Graham crackers or gingersnaps dipped in applesauce• Mini rice cakes• Apple slices• Fruits – fresh or small canned fruit in natural juice. Peel an orange or tangerine and put into plastic baggies• Dried fruits, especially raisins• Frozen bananas• Applesauce or other fruit cups• Yogurt• Italian ice – frozen fruit pops (natural)• Individual boxes of soy milk, rice milk, low fat milk or fruit juices (100%)• Homemade muffins or cornbread• Cheese sticks (skim milk mozzarella, string cheese)• Popcorn – air popped with parmesan cheese
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<p>Rewards</p>	<p>Only foods that meet the nutritional standard guidelines will be used for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a fair or farmers market, etc.) Alternative ideas can be found at: www.msue.msu.edu/fnh/tn/foodrewards.pdf www.cspinet.org/nutritionpolicy/constructive_rewards.pdf</p>
<p>Foods from Home</p>	<p>Parents/Caregivers will be encouraged to promote their child’s participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletter, open houses, back to school nights, family nights, etc.</p>
<p>School Stores – Food/Snacks</p>	<p>The following standards apply to <u>all</u> foods sold in school stores that are open during the students’ academic school day:</p> <ul style="list-style-type: none"> • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • At least 50% of grains offered will be whole grain. (Table 1) • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh or raw). A variety of fruits and vegetables will be offered. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10 % of calories from saturated fat.

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School Stores – Food/Snacks (cont.)	<ul style="list-style-type: none">• <35% sugar by weight (excluding naturally occurring sugars) and added sugar will not be listed as the first ingredient.• Provide minimal to no trans fatty acids. (Table 4) <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>The school Food Service Director can provide assistance in identifying foods that meet these criteria.</p> <p>** Table 5 contains formulas for calculating total fat, saturated fat, and sugar by weight.</p>
School Stores – Beverages	<p>A minimum of 75% of the beverages offered that are open during the students' academic school day will be:</p> <ul style="list-style-type: none">• Water, unflavored (any size).• 100% fruit juice (not to exceed 6 oz.)• Milk, 1% low fat or nonfat (not to exceed 8 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>Any beverage that does not qualify in the above-mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none">• 150 calories• 35 grams of sugar <p>Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.</p>

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School Stores – Beverages (cont.)	The school Food Service Director can provide assistance in identifying foods that meet these criteria.
Faculty Lounges	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.
Other	<p>Vegetarian Options – Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or a la carte. If interest is indicated, efforts should be made to include appealing vegetarian choices.</p> <p>Student Input - Students will be an active part of menu planning through regularly scheduled meetings and taste testing.</p>