

Business and Noninstructional Operations

**FOOD SERVICE/CHILD NUTRITION PROGRAM**

Nutritional Standards for Foods

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769 and 1771-1791 shall meet the nutritional standards as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8.  
(42 USC 1758, 1773)

*(cf. 3554 – Other Food Sales)*

*(cf. 5030 – Student Wellness)*

1. The only foods that may be sold to a student at an elementary school during the school day are full meals, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria:
  - a. Not more than 35 percent of the total calories is from fat.
  - b. Not more than 10 percent of the food item's total calories is from saturated fat.
  - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar, including-naturally occurring and added sugar.
  - d. Its total calories do not exceed 175 calories.
  - e. Any composition of trans fats will be minimal.
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1 a-c above.

The District's food service program shall give priority to serving unprocessed foods and ingredients and fresh fruits and vegetables that have not been deep fried.

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**FOOD SERVICE/CHILD NUTRITION PROGRAM** (continued)

Nutritional Standards for Beverages

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.
3. Drinking water with no added sweetener.
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk.