

VISTA UNIFIED SCHOOL DISTRICT

Administrative Regulations for Board Policy No. 3011: FOOD SERVICE/CHILD NUTRITION PROGRAM

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h 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)

Nutrition standards for meals served through the National School Lunch, School Breakfast, and After School Snack Program will:

1. Be appealing and attractive to children of various ages and diverse backgrounds.
2. Be served in clean, safe and pleasant settings.
3. Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat milk (1% and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA).
6. Ensure that 75% of the grains served are whole grain.
7. Ensure the daily menu planning target levels for sodium, fiber and cholesterol.

Nutrition standards for a la carte foods and beverages available to students through Child Nutrition Services

Elementary Schools - a la carte foods

The only foods that may be available to a student at an **elementary school** during the school day are full meals and individually sold portions of nuts, nut butters, 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: (Education Code 49431)

1. Not more than 35 percent of its total calories from fat.
2. Not more than 10 percent of its total calories from saturated fat and trans fat combined.
3. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. Artificial sweeteners are not permitted.
4. Its total calories do not exceed 175 calories.

Elementary Schools - beverages

The only a la carte 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, no more than 8 oz. and have no added sweetener, natural or artificial.
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice, no more than 8 oz. and have no added sweetener, natural or artificial.

3. Drinking water with no added sweetener, natural or artificial.
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk and no more than 8 oz.

Middle and High Schools - a la carte entrees

The only foods available to students in **middle schools and high schools**, except foods served as part of a federally reimbursable meal, shall meet the following standards: (Education Code 49430, 49431.2)

Each a la carte entree item shall:

1. Not contain more than 35 percent of its total calories from fat.
2. Not contain more than 10 percent of its total calories from saturated fat and trans fat combined.
3. No more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. No artificial sweeteners are permitted.
4. Not exceed 400 calories.
5. Be categorized as an entree item in the National School Lunch or School Breakfast program.

Middle and High Schools –a la carte snacks

Each a la carte snack item that supplements a meal shall:

1. Not contain more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, legumes, fruits, or vegetables that have not been deep fried.
2. Not more than 10 percent of its total calories shall be from saturated fat and trans fats combined, excluding eggs or cheese packaged for individual sale.
3. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried. No artificial sweeteners are permitted.
4. Its total calories shall not exceed 250 calories.

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.

Middle and High Schools - beverages

The only a la carte beverages that may be sold to **middle school or high school students** are:

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice, no more than 12 oz. and have no added sweetener, natural or artificial.
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice, no more than 12 oz. and have no added sweetener, natural or artificial.
3. Drinking water with no added sweetener, natural or artificial.
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk and no more than 12 oz.
5. Electrolyte replacement beverages that are no more than 12 oz.