



Alum Rock Union Elementary School District

2930 Gay Avenue

San José, CA 95127

(408) 928-6903

FAX (408) 928-6413

NUTRITION STANDARDS AND GUIDELINES

NUTRITION STANDARDS FOR FOOD ITEMS SOLD OR OFFERED TO STUDENTS

ELEMENTARY SCHOOLS

Effective Midnight to one-hour after the end of school day
Applies to all foods sold and/or offered to pupils by all entities (includes but not limited to Child Nutrition Services, PTA and Student Organizations)

Food items sold and/or offered outside the school breakfast and lunch program must contain:

- Not more than 35% of total calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- Less than 10% of total calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo)), and
- Not more than 35% of total weight from sugar, including naturally occurring and added sugar (except fruit, non-fried vegetables, dried fruit+nut/seed combo), **and**
- Less than 0.5 grams trans-fat per serving (no exceptions), **and**
- No more than 200 milligrams sodium (no exceptions), **and**
- \leq 200 calories per item/container

AND

MUST meet **ONE** of the following:

- Fruit
- Non-fried vegetable
- Dairy food
- Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- Whole grain item (first listed grain ingredient is whole grain)



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Beverage items sold and/or offered must be one of the following:

- Fruit and vegetable juice
 - $\geq 50\%$ juice, **and**
 - contain no added sweeteners, **and**
 - ≤ 8 fl. oz. serving size
- Milk
 - Cow's or goat's milk, **and**
 - 1% (unflavored), nonfat (flavored or unflavored), **and**
 - Contains Vitamins A & D, **and**
 - $\geq 25\%$ of the calcium Daily Value per 8 fl. oz, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz
 - ≤ 8 fl. oz. serving size
- Non-dairy milk per 8fl. oz.
 - Contains Vitamins A (500 IU), D (100 IU), B12 (1.1 mcg) Riboflavin (.44 mg), and Minerals Magnisium (24 mg), Phosphorous (222 mg), Potassium (349 mg), **and**
 - ≥ 276 mg of the calcium Daily Value per 8 fl. oz, **and**
 - ≤ 28 grams of total sugar per 8 fl. oz, **and**
 - ≤ 5 grams fat per 8 fl. Oz
 - ≥ 8 grams protein
- Water: contain no added sweeteners

**Non-compliant foods and beverages may NOT be sold by any entity from
midnight to
one-hour after the school day**

Reference:

- ARUSD BP 5030 Student Wellness, BP 3550 Food Service/Child Nutrition Program, BP 3551 Food Service Operations/Cafeteria Fund, BP 3554 Other Food Sales, BP 3312 Contracts
- *Education Code sections 49430, 49431, 49431.7*
- *California Code of Regulations sections 15575, 15577, 15578*
- *Code of Federal Regulations sections 210.11, 220.12*



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MIDDLE SCHOOLS

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Applies to all foods sold and/or offered to pupils by all entities (includes but not limited to Child Nutrition Services, PTA and Student Organizations)

Food items sold and/or offered outside the school breakfast and lunch program must meet the following criteria:

“Snack” food items sold and/or offered:

- \leq 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- $<$ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
- \leq 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
- $<$ 0.5 grams trans fat per serving (no exceptions), **and**
- \leq 200 milligrams sodium (no exceptions), **and**
- \leq 200 calories per item/container (no exceptions)

AND must meet one of the following

- Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), **or**
- Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable.

“Entrée” food items sold and/or offered by Child Nutrition Services must be:

- Meat/meat alternate and whole grain rich food; **or**
- Meat/meat alternate and fruit or non-fried vegetable; **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food),

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- \leq 400 calories, **and**
- \leq 35% calories from fat
- 0.5 grams trans fat per serving



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“Entrée” sold by any other entity (PTA, student organization, etc.) must be:

- \leq 35% calories from fat, **and**
- $<$ 10% calories from saturated fat, **and**
- \leq 35% sugar by weight, **and**
- $<$ 0.5 grams trans fat per serving, **and**
- \leq 480 milligrams sodium, **and**
- \leq 350 calories

AND must meet one of the following

- A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable

Beverage items sold and/or offered must be one of the following:

- Fruit and vegetable juice
 - \geq 50% juice, **and**
 - contain no added sweeteners, **and**
 - \leq 12 fl. oz. serving size
- Milk
 - Cow’s or goat’s milk, **and**
 - 1% (unflavored), nonfat (flavored or unflavored), **and**
 - Contains Vitamins A & D, **and**
 - \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - \leq 28 grams of total sugar per 8 fl. oz.
 - \leq 12 fl. oz. serving size
- Non-dairy milk per 8fl. oz.
 - Nutritionally equivalent to milk, **and**
 - \leq 28 grams of total sugar per 8 fl. oz., **and**
 - \leq 5 grams fat per 8 fl. oz., **and**
 - \leq 12 fl. oz. serving size
- Water: contain no added sweeteners
- No-calorie Electrolyte Replacement Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)



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- Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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