

SOUTHERN YORK COUNTY SCHOOL DISTRICT
NUTRITIONAL STANDARDS IN PENNSYLVANIA SCHOOLS
FACT SHEET

1. Pre-fried and flash-fried food may not be offered more than three times per week (French fries and tater tots will be offered M-W-F).
2. A minimum of 3 fruits and 3 vegetables must be offered daily. At least 1 of each being fresh/raw.
3. At least 50% of grains offered must be whole grains (each school has a whole grain bread basket).
4. Only plain water or water with no sugar or artificial sweetener may be available.
5. 100% fruit juices may not exceed 8 ounces for elementary and 12 ounces for secondary.
6. All milk must be 2% reduced fat, 1% low fat or nonfat not to exceed 8 ounces for elementary and 12 ounces for secondary.
7. Ala-carte beverages may not exceed 150 calories or 35 grams of sugar per package (must be less than 25% of available drinks)
8. Foods of minimum nutritional value may not be available anytime during the school day.
9. No food items may be sold and/or distributed outside of the cafeteria operations during the school day.
10. Classroom parties must offer minimal amount of food (2-3 items) that have added sugar as the first ingredient and should provide the following: fresh fruit and vegetables, water, 100% fruit juice or milk.
11. Foods may not be offered as a reward for classroom or school activities.
12. Faculty is encouraged to set the example for students.