Las Virgenes Schools

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STUDENT WELLNESS POLICY
BP 5030

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The District in collaboration with parents and appropriate community members shall build a coordinated approach that supports and reinforces student wellness through health education, physical education and activity, health services, nutrition services, and services which promote the overall health of students. In doing so, the District shall also promote a safe, positive school environment by prohibiting bullying and harassment of all students, including on the basis of weight or health condition.

This Board Policy has been developed with the involvement of an ongoing Wellness Committee composed of parents/guardians, students, administrators, child nutrition professionals, physical education teachers, school health professionals, Board members, and community members, and shall include goals for nutrition education, physical activity, and school-based activities that promote student wellness.

NUTRITION EDUCATION

Nutrition education shall be provided as part of the District's health education program and/or science program K-12 and shall be integrated as appropriate into core academic subjects.

The District's nutrition education and physical education programs shall be based on research that supports the state's curriculum frameworks and is designed to guide students in developing and maintaining a healthy lifestyle.

PHYSICAL EDUCATION AND ACTIVITY

All students in grades K-12 will be provided opportunities to be physically active on a regular basis in areas such as physical education classes, sports, recess, and wider integration into the classroom setting.

HEALTH PROMOTION

The District will promote the adoption of health-enhancing behaviors through nutrition activities, extracurricular and recreational physical activity programs, making school spaces and facilities available for use, and partnering with parents to meet physical activity recommendations.

STAFF AS ROLE MODELS

The District shall encourage staff to serve as positive role models and, as appropriate, shall support

professional development that includes instructional strategies that assess health knowledge and promote healthy behaviors.

DISSEMINATION OF HEALTH INFORMATION

To encourage consistent health messages between the home and school environment, the District may disseminate health information to parents/guardians through District or school communications, school lunch menus, or other appropriate venues. Such communication should emphasize the relationship between student health and academic performance.

NUTRITION GUIDELINES FOR FOODS OFFERED TO STUDENTS

Child Nutrition Services shall meet or exceed established state and federal guidelines for all foods served by the District during the school day. Such guidelines shall be implemented with the objective of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. The District shall encourage staff, students, and parents to use healthy food items or non-food items as part of classroom parties and fundraising activities. Foods and beverages served during fundraisers shall at a minimum comply with state and federal regulations, and food used as a reward for student behavior shall be discouraged.

GUIDELINES FOR REIMBURSABLE MEALS

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations. In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs including the National School Lunch and School Breakfast Programs to the extent possible. The District shall promote participation in these programs among students, and make applications as accessible as possible.

PROGRAM IMPLEMENTATION AND EVALUATION

Specific goals and guidelines related to implementation, monitoring, and evaluation of each area specified by the policy are detailed in AR 5030. Appropriate departments have been designated to be responsible for each area specified by the policy. A biannual assessment shall include the extent to which schools are in compliance with the wellness policy, a description of the progress made in attaining wellness policy goals, and the extent to which this policy compares to model wellness policies available from the USDA and will be posted on the Child Nutrition Website.

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027 (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;

2. fax:
202-690-7442; or

3. email:
Program.Intake@usda.gov.

This institution is an equal opportunity provider.

Policy Adopted: July 23, 2013

The Las Virgenes Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The purpose of the following Administrative Regulations is to provide guidelines for achieving the goals stated in the Board Policy.

WELLNESS COMMITTEE

1) A Wellness Committee will develop and monitor implementation of the Student Wellness Policy.

a) The Committee will be composed of parents/guardians, students, administrators, instructional staff, child nutrition professionals, school health professionals, Board members, and community members.

b) The Committee will meet a minimum of once per semester to evaluate implementation of the Student Wellness Policy, and increase the frequency of meetings as it is deemed necessary.

c) Proposed amendments to the policy will be submitted to the Board for approval. d) District employees will be strongly encouraged to participate in the Wellness Committee.

e) The Wellness Committee will be encouraged to explore the possibility of grant applications in order to help secure funding for school wellness initiatives.

NUTRITION EDUCATION

Nutrition education *is any combination of educational strategies designed to facilitate voluntary adoption of food choices and other food and nutrition related behaviors conducive to health and well being.*

1) The District will teach, encourage, and support healthy eating by students through nutrition education.

a) Classroom teachers will be encouraged to incorporate nutrition education not only into health education classes, but also into instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

b) Adequate and ongoing nutrition education for faculty will be provided to focus on teaching strategies that assess health knowledge and skills, and promote healthy behaviors.

c) Education reinforcing messages on healthy eating by linking with school meal programs, other school foods, and nutrition-related community services will be encouraged.

Responsible: School Site Administration
*Monitoring:*Education Services

Evaluation: Wellness Committee will evaluate at a minimum semiannually.

PHYSICAL EDUCATION AND ACTIVITY

Physical education *is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.*

Physical activity *refers to teacher-led and student-initiated physical activities throughout the day. Physical activities may include but are not limited to the following: physical education classes, games, sports, walk to school programs, dance, and movement breaks.*

1) The District will encourage integration of physical activity into the classroom setting in order for students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior.

a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

b) Classroom teachers will be encouraged to provide time for physical activity at the beginning of class or during breaks, or incorporated into other subject lessons (i.e. learning games that involve movement) as appropriate.

2) All students will receive physical education as designated in Education Codes 51210, 51222, 51223.

a) All physical education will be overseen by a certificated teacher.

b) Students Will be encouraged to spend at least 50% of physical education time participating in moderate to vigorous physical activity.

c) Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program, per Education Code 51241.

d) Physical education and assessment will be designed to promote motor skills and physical fitness, and to help students understand, improve, and/or maintain their physical well-being.

3) The District will review curriculum to ensure continuity and consistency of instruction across all content areas in which fitness, health and wellness are taught. The relevant California Content standards for Physical Education, Health and Science will be identified and brought to the Curriculum Council for consideration as part of an effort to ensure students receive current and research-based information.

a) Professional development opportunities for Physical Education, Health and Science teachers will be identified for teachers to update their content knowledge and to share best

practices.

4) All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide adequate space and equipment.

a) Schools should discourage extended periods of inactivity.

b) When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

5) Teachers and other school and community personnel will not use physical activity (*e.g.,* running laps, pushups) or withhold opportunities for physical activity (*e.g.,* recess, physical education) as punishment, per Education Code 49001.

6) Faculty will observe hot weather guidelines for athletic practice and supervised recess.

a) In conditions of extreme heat or humidity, outdoor physical activity should be moved indoors or rescheduled to cooler times. Hot Weather Guidelines for athletic practice may be found at www.lvusd.org under Departments / Human Resources /Hot Weather Guidelines*:* http://www.lvusd.org/Page/1457

Responsible: School Site Administration
*Monitoring:*Education Services
Evaluation: Wellness Committee will evaluate at a minimum semiannually

HEALTH PROMOTION

Health Promotion *is the encouragement of the voluntary adoption of health-enhancing behaviors through modeling, activities, and alliances with the community and media.*

1) Nutrition promotion will include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as Wellness Awareness Month, contests, taste testing, farm visits, and school gardens. Such activities may be incorporated into nutrition education.

2) Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices will be promoted.

3) To reinforce nutrition promotion and education, marketing and advertising of non nutritious foods and beverages will be prohibited through signage, vending machine fronts, coupon or incentive programs, or other means.

4) All elementary, middle, and high schools will encourage extracurricular and recreational physical activity programs, such as physical activity clubs or intramural programs.

a) Schools will offer a range of activities with a goal towards meeting the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

5) The District will encourage utilization of safe routes for students to walk and bike to school.

a) When appropriate, the district will work together with local public works, public safety, and/or the sheriff's department to accomplish this.

6) School spaces and facilities are available to students, staff, and community members before and after the school day, on weekends, and during school vacations when not scheduled for organized use.

a) School and District policies concerning safety and facility-use will apply at all times.

7) The District will make available for parents and students a list of suggested activities and resources so that they may partner with schools to help meet physical activity recommendations.

a) The list will be posted on the LVUSD website.

Responsible: School Site Administration, District Administration
*Monitoring:*Education Services
Evaluation: Wellness Committee will evaluate at a minimum semiannually

DISSEMINATION OF HEALTH INFORMATION

1) Relevant nutrition and food safety information shall be made publicly available.

a) Breakfast and lunch menus, nutrition information, nutrition and food safety tips for parents, and other relevant information will be made available on the LVUSD website.

b) Communication with parents will be given a high priority. Modes for disseminating nutrition and food safety information may include email and the e-Newsletter.

c) Contact information for Child Nutrition staff will be made available on the LVUSD website.

2) The Wellness Policy and related updates shall be made publicly available.

a) The Wellness Policy and Wellness Resources will be posted on the LVUSD website.

b) The Wellness Policy will be provided to all parents as part of the Legal Notification Handbook.

c) The Wellness Policy will be visibly posted in all school cafeterias.

d) Announcements of revisions, Wellness Committee meeting notes, evaluations, and related information will be posted on the LVUSD website.

Responsible: Child Nutrition Services
Monitoring: ChildNutrition Director
Evaluation: Wellness Committee will evaluate at a minimum semiannually

3) Important health updates shall be made publicly available.

a) Information regarding vaccinations, disease outbreaks, and other health issues will be available on the LVUSD website and disseminated to parents via all-calls and email, as appropriate.

b) Contact information for District nurses will be made available on the LVUSD website.

4) Students shall have access to information about relevant health topics, including proper hygiene, adequate hydration, and stress management(middle and high school students).

a) Students may receive education through nurses, handouts, posters, classes, workshops, or other means.

b) Nurses and staff will encourage hand washing at the appropriate times, and will remind students to cough into elbows, not hands, to avoid the spread of contagious diseases.

c) Nurses and staff will encourage water consumption, especially during warm weather and during exercise.

Responsible: Health Clerks
Monitoring: DistrictNurses
Evaluation: Wellness Committee will evaluate at a minimum semiannually

GUIDELINES FOR REIMBURSABLE MEALS

1) District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

~~a) The District will encourage students to eat breakfast, and will explore options for offering breakfast for all grade levels.~~ The District will encourage all students to participate in the Universal Meal Program.

~~b) Laws affecting Child Nutrition programs may be found at: http://www.fns.usda.gov/cnd/governance/legislation.htm~~ California *EC* Section 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or

reduced-price meal eligibility.

2) The District shall comply with all requirements for verification of qualification for free and reduced-price meals.

a) Requirements may be found at: ~~http://www.fns.usda.gov/cnd/Guidance/EliMan.pdf~~ https://www.fns.usda.gov/cn/fr-091103

b) As of June 6, 2025, USDA issued a new final rule that rescinds an outdated requirement for state-level "ameliorative action" reporting in the verification process fns.usda.gov.
However, this does not affect:

1. The core verification procedures.

2. Recordkeeping and verification reporting timelines as established in the 2003 rule.

3. Local/state-level obligations, such as California's deadlines.

3) The District shall make participation and application return for federal school nutrition programs a high priority.

a) The District may use increased parent communications, registration checklists, online applications, or other strategies to increase access to applications.

4) Students shall be made aware of all food choices available and what a reimbursable meal consists of.

a) Posters or menu boards in the serving areas may be used to communicate all food choices that are part of a reimbursable meal.

b) Reimbursable meal components, including milk, fruits, vegetables, meat/meat alternates, and grains, may be prominently labeled in the cafeteria to help students identify food groups and choose balanced meals.

5) Staff shall ensure that students receive reimbursable meals.

a) Staff training will include education on reimbursable meal components and strategies for ensuring that students take appropriate food items.

6) The District shall ensure that there will be no overt identification of students eligible for free and reduced-price meals, as specified in 7 CFR 245.6(b)(10).

a) Requirements may be found at: ~~http://www.fns.usda.gov/cnd/governance/PolicyMemos/2012/SP45-2012os.pdf~~
https://www.fns.usda.gov/cn/preventing-overt-identification-children-certified-free-or-reduced-pri

ce-school-meals

Responsible: Child Nutrition Services
Monitoring: Child Nutrition Director
*Evaluation:*IndependentAuditors

GUIDELINES FOR FOODS AND BEVERAGES SOLD IN SCHOOLS BY CHILD NUTRITION SERVICES

1) ~~All foods served by district schools, including items served in the cafeterias, a la carte, and in vending machines, shall at a minimum comply with current state and federal guidelines.~~

~~a) Foods shall contain no more than 35% of total calories from total fat.~~

~~b) Foods shall contain no more than 10% of total calories from saturated fat.~~

~~c) Foods shall contain no more than 35% total sugar by weight.~~

~~d) No foods containing 0.5 grams or more artificial trans-fat may be served.~~

~~e) Foods of minimal nutritional value will not be served.~~ All foods sold by district schools—including cafeteria a la carte and vending offerings—shall comply with current state and federal nutrition standards. Specifically:

A. Total fat ≤ 35% of calories

B. Saturated fat < 10% of calories

C. Trans fat: no artificial trans fat (0 g)

D. Total sugars ≤ 35% by weight (until added-sugar limits fully phase in)

Note: California law exempts certain single-ingredient foods (e.g., nuts, eggs, fruits) from fat, saturated fat, and sugar limits, and updated USDA regulations (effective July 1, 2024) have removed the synthetic trans-fat requirement for Smart Snacks. Future compliance will align with phased added-sugar gram limits beginning in school year 2025–26.

~~i) The Food Minimal Nutrition Value (FMNV)is the Federal Nutrition Standard. The USDA defines "foods of minimal nutritional value" as~~

~~1) artificially sweetened foods that provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specific nutrients per serving; and 2)for all other foods, those which provide less than 5% of the RDI for each of eight specified nutrients per 100 calories and per serving. The eight specific nutrients are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.~~

~~ii) Foods of minimal nutritional value include: soda water, water ices that contain no fruit or fruit juices, chewing gum, hard candy, jelly/gum candy, fondant,~~

~~marshmallow candy, licorice, spun candy, and candy-coated popcorn. Refer to: http://www.fns.usda.gov/cnd/menu/fmnv.htm.~~ E. Smart Snack compliant

2) All foods shall be "nut-safe," in that they contain no tree nut ingredients, but may be processed in a facility that processes tree nuts.

3) Preference shall be given to local businesses to support our community.

a) The District will participate in the farm-to-school program by purchasing fresh, seasonal produce from local farms as available.

b) Collaboration with local food establishments shall be pursued. Child Nutrition will continue to develop healthy recipes with vendors. Collaboration provides students with freshly prepared foods from local sources that also meet state and federal regulations.

4) Preference shall be given to minimally processed foods.

a) Foods shall be prepared from whole foods in school kitchens when feasible.

5) Preference shall be given to avoiding foods exposed to potentially harmful food additives and processes and to toxic agricultural chemicals whenever possible.

a) Organic foods may be purchased when practical. Production of organic crops may not involve irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, or genetically modified organisms. Organic livestock producers must meet animal health and welfare standards, use no antibiotics or growth hormones, use 100% organic feed, and provide animals with access to the outdoors. More information on the National Organic Program may be found at: http://www.ams.usda.gov/AMSv1.0/nop.

6) Every attempt shall be made to have all food served be appealing to students.

a) Foodservice staff will be trained to ensure that food is prepared and arranged in a way that is neat and attractive to students.

7) Food shall be served to students in a safe, clean, and pleasant environment.

a) Students shall be provided adequate time to eat meals as noted by the American School Health Organization. Recommendations on adequate time may be found at: http://www.ashaweb.org/files/public/Resolutions/ASHA_Supports_Appropriate_Timing_of_School_Meals.pdf

b) Meals shall be served during appropriate meal times as noted by the American School Health Organization. Scheduling of activities such as assemblies, tutoring, and student club/organization meetings during school mealtimes should be avoided unless students may eat during such activities. Recommendations on appropriate meal times may be found at: http://www.ashaweb.org/files/public/Resolutions/ASHA_Supports_Appropriate_Timing_of_School_

Meals.pdf

c) All cafeterias shall undergo Health Department inspections biannually.

d) All staff shall maintain current food handler certification.

i) Child Nutrition will provide staff re-certification opportunities annually.

8) Student feedback and parent participation shall be used to improve menu choices and service.

a) Surveys, food demos, taste-testing, and other methods may be used to solicit feedback from students. Surveys may be used to identify favorite menu items and student concerns.

b) Recipe contests and other activities may be used to solicit participation from parents and students.

9) Free, fresh drinking water shall be made available during meal times in school food service areas at all district schools, per Education Code 38086 and 42 USC 1758.

a) The District will explore options to increase availability of fresh water at school sites. Regulations can be found at: http://www.cde.ca.gov/ls/nu/he/water.asp

Responsible: Child Nutrition, Plants and Operations
Monitoring: Health Department Certificate of Inspection, Food Handler Certification *Evaluation:* Child Nutrition Director

GUIDELINES FORFOODS SERVED DURING SCHOOL-RELATED ACTIVITIES

1) Staff, parents, and students shall be encouraged to use nutritious foods during school- related activities, including classroom parties.

a) Food as reward for student behavior shall be discouraged, unless specified in the Individualized Education Program (IEP). More information on children with disabilities may be found at: http://www.cde.ca.gov/sp/se/sr/iepresources.asp

2) All foods shall be "nut-safe," in that they contain no tree nut ingredients, but may be processed in a facility that processes tree nuts.

3) All foods shall be free of artificial trans-fat. More information may be found at: http://www.cdc.gov/nutrition/everyone/basics/fat/transfat.html

4) All foods and beverages served during the school day during fundraisers, homemade and vendor provided, shall at a minimum comply with state and federal regulations on fundraising (See Smart Snacks Standards below).

a) Staff and parents will be provided with a *Fundraising Resource Guide* that will be available on the LVUSD website.

i) The guide will contain lists of approved foods, government regulations, fundraiser ideas that promote health, order forms, and additional relevant information.

ii) All foods and beverages served during fundraisers must be reviewed for
compliance with Smart Snacks in School Standards by the Child Nutrition Director. b) *Elementary*

Schools- Smart Snacks Standards Compliant Foods:

Must be one of the following general food standards:
• a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient) or;
• a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

i) ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and

ii) < 10% calories from saturated fat (except nuts, seed, reduced-fat cheese or part skim mozzarella, dried fruit and nut/see combo), and

iii) ≤ 35% sugar by weight (except fruits, non-fried vegetables, dried fruit and nut/seed combo), and

iv) ≤ 200 calories per item/container (no exceptions), and

v) < 0.5 grams trans-fat per serving (no exceptions), and

vi) ≤ 200 milligrams sodium per item/container (no exceptions)

c) *Elementary Schools- Smart Snacks Compliant Beverages*:

Must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

i) Water with no added sweeteners

ii) Fruit or vegetable juice containing ≥ 50% juice and no added sweeteners and ≤ 8 fl. Oz. serving size

iii) 1% (unflavored), or non-fat cow's or goat's milk (flavored, unflavored), and contains Vitamins A & D, and ≥ 25% of the calcium daily value per 8 fl. oz. and ≤ 28 gm of total sugar per 8 fl. oz. and ≤ 8 fl. oz. serving size

iv) Non-dairy milk (nutritionally equivalent to milk) must contain per 8 fl. oz.: ≥ 500 IU vitamin A, ≥ 100 IU vitamin D, ≥ 276 mg of calcium ≤ 28 gm of total sugar ≤ 5 gm of fat ≥ 24 mg magnesium, ≥ 8 grams protein, ≥ 222 mg phosphorus, ≥ 349 mg potassium, ≥ 0.44 mg riboflavin, ≥ 1.1 mcg vitamin B12, and be ≤ 8 fl. oz. serving size

d) *Middle and High Schools - Smart Snacks Compliant Foods*:

i) Includes all *a la carte* food sales during the school day (including food service, student sales, and vending machines)

ii) "Snack" foods must be one of the following general food standards:

• a fruit, vegetable, dairy, protein, or whole grain (or have one of these as the first ingredient), or
• a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:
• ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables,
seafood), and
• < 10% calories from saturated fat (except nuts, seed, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
• ≤ 35% sugar by weight (except fruit, non-fried vegetables, dried fruit and nut/seed combo), and
• < 0.5 grams trans-fat per serving (no exceptions), and
• ≤ 200 mgs sodium per item/container (no exception)

iii) A competitive entrée sold by Food Service the day of or day after it appears on the reimbursable meal program menu must be:
• ≤ 400 calories, ≤ 35% calories from fat, < 0.5 grams trans-fat per serving, and consisting either of 2 or more groups (meat/meat alternative, fruit/vegetable, grain/bread) or a meat/meat alternative alone
iv) A competitive entrée sold by Food Service if NOT on the menu the day of or day after

must be one of the following general food standards:
• a fruit, vegetable, dairy, protein, or whole grain or
• a combination food containing at least ¼ cup fruit or vegetable and meet the following nutrition standards:
≤ 35% calories from fat, and
< 10% calories from saturated fat, and
≤ 35% sugar by weight, and

< 0.5 grams trans-fat per serving, and
≤ 480 milligrams sodium, and
≤ 350 calories

e) *Middle and High Schools - Smart Snacks Compliant Beverages*:

i) Water with no added sweeteners

ii) Fruit and vegetable juice containing ≥ 50% juice and no added sweeteners and ≤ 12 fl. oz. serving size

iii) 1% (unflavored), or non-fat (flavored, unflavored) cow's or goat's milk containing Vitamins A & D, and ≥ 25% of the calcium daily value per 8 fl. oz. and ≤ 28 gm of total sugar per 8 fl. oz., and ≤ 12 fl. oz. serving size

iv) Non-dairy milk must be nutritionally equivalent to milk and contain vitamin A and D, ≥ 25% of the calcium daily value per 8 fl. oz., ≤ 28 gm of total sugar per 8 fl. oz., and ≤ 5 gm of fat per 8 fl. oz., ≤ 12 fl. oz. serving size

v) High Schools Only: Electrolyte replacement beverages containing water listed as first ingredient, ≤ 2.1 gm added sweetener per 1 fl. oz., at least 10 but no more than 150 mg of sodium per 8 fl. oz., at least 10 but no more than 90 gm of potassium per 8fl. oz., and no added caffeine, ≤ 20 fl. oz. serving size (no calorie) or ≤ 12 fl. oz. serving size (low calorie)

vi) High Schools Only: Must be either ≤ 5 calories/ 8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie), no added sweetener, no added caffeine, ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

f) Regulations limit the sales of non-compliant foods and beverages.

i) Non-compliant foods and beverages may only be sold one half-hour or more after the end of the school day (or sold off-campus).

Responsible: School Site Administration
Monitoring: EveryDepartment *Evaluation:*
Child Nutrition Director

Administrative Regulation Adopted: July 23, 2013
Regulations Updated: June 8, 2017
Las Virgenes Unified School District