

# CHARTER/PRIVATE SCHOOLS

## QUICK REFERENCE CARDS

### ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

#### Compliant foods

**Must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except dried fruit\*\*/vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per **snack** or less than or equal to 480 milligrams per **entree** (no exceptions), and
- Less than or equal to 200 calories per **snack** or less than or equal to 350 calories per **entree** item (no exceptions).

All fresh, canned, frozen fruits in 100 percent juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from **all** nutrition standards.

#### Paired Foods

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet **all** nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

#### National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food standards the day of or day after they appear on the NSLP/SBP menu.

A competitive entree (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich item, or
- Meat/meat alternate and fruit/vegetable, or
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- AND must meet nutrition standards (see above).

All foods must be caffeine-free (trace amounts are allowable).

*Check your district’s wellness policy for stricter rules.*

**Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

### ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** beverages sold to students by any entity.

#### Compliant Beverages

- Fruit or Vegetable juice:
  - 100 percent juice (can be diluted with water, no dilution limit), and
  - No added sweeteners, and
  - Less than or equal to 8 fluid ounce serving size
- Milk:
  - 1 percent (unflavored), nonfat (flavored, unflavored), and
  - Less than or equal to 8 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk, must contain per 8 fluid ounces:
    - At least 276 milligrams calcium
    - At least 8 grams protein
    - At least 500 IU Vitamin A
    - At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 milligrams phosphorus
    - At least 349 milligrams potassium
    - At least 0.44 milligrams riboflavin
    - At least 1.1 micrograms Vitamin B12, and
    - Less than or equal to 8 fluid ounce serving size
- Water:
  - No added sweeteners, flavors, etc.
  - No serving size limit

All beverages must be caffeine-free (trace amounts allowable).

# CHARTER/PRIVATE SCHOOLS

## QUICK REFERENCE CARDS

### MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

#### Compliant Foods

**Must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese/part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except dried fruit\*\*/veggies, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per **snack** or less than or equal to 480 milligrams per **entree** (no exceptions), and
- Less than or equal to 200 calories per **snack** or less than or equal to 350 calories per **entree** item (no exceptions)

All fresh, canned, frozen fruits in 100 percent juice, extra light, or light syrup; fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from **all** nutrition standards.

#### Paired Foods

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet **all** nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

#### National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees

- All entrees served as part of the NSLP/SBP, and grain-only entrees served as part of the SBP, are exempt from all competitive food standards the day of or day after they appear on the NSLP/SBP menu.

A competitive entree (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich item, or
- Meat/meat alternate and fruit/vegetable, or
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- AND must meet nutrition standards (see above).

Foods containing caffeine are **not** allowed in middle school.  
Foods containing caffeine **are** allowed in high school.

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*Check your district’s wellness policy for stricter rules*

**Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

### MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11, 220.12

**Effective** from midnight to one-half hour after the end of the official school day.

**Applies to all** beverages sold to students by any entity.

#### Compliant Beverages

- Fruit or Vegetable juice:
  - 100 percent juice (can be diluted with water, no dilution limit), and
  - No added sweeteners, and
  - Less than or equal to 12 fluid ounce serving size
- Milk:
  - One percent (unflavored), nonfat (flavored, unflavored), and
  - Less than 12 fluid ounce serving size
- Non-dairy milk:
  - Nutritionally equivalent to milk, must contain per 8 fluid ounces:
    - At least 276 milligrams calcium
    - At least 8 grams protein
    - At least 500 IU Vitamin A
    - At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 milligrams phosphorus
    - At least 349 milligrams potassium
    - At least 0.44 milligrams riboflavin
    - At least 1.1 micrograms Vitamin B12, and
    - Less than or equal to 12 fluid ounce serving size
- Water:
  - No added sweeteners, flavors, etc.
  - No serving size limit
- Other flavored beverages (“no calorie”):  
**(High Schools Only)**
  - Less than or equal to 5 calories per 8 fluid ounces (or less than or equal to 10 calories per 20 fluid ounces)
  - Less than or equal to 20 fluid ounce serving size
- Other flavored beverages (“low calorie”)  
**(High Schools Only)**
  - Less than or equal to 40 calories per 8 fluid ounces
  - Less than or equal to 12 fluid ounce serving size

Beverages containing caffeine are **not** allowed in middle school.  
Beverages containing caffeine **are** allowed in high school.