

EFFECTIVE FOR THE 2007-2008 SCHOOL YEAR

# Texas Public School Nutrition Policy at a Glance



square meals

Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Commissioner Todd Staples • Texas Department of Agriculture



**Foods of Minimal Nutritional Value (FMNV)\***

**SODA WATER**

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

**WATER ICES**

Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

**CHEWING GUM**

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

**CERTAIN CANDIES**

Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

\*Some items have received exemptions from USDA. Go to [www.squaremeals.org](http://www.squaremeals.org) for that list.

(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served and/or consumed, including during any exempted events.)

POLICY	ELEMENTARY SCHOOLS (a campus containing a combination of grades early elementary to 6)	MIDDLE/JUNIOR HIGH SCHOOLS (a campus containing grades 6, 7 and 8; grades 7 and 8; or grades 7, 8 and 9)	HIGH SCHOOLS (a campus containing a combination of grades 9, 10, 11 and 12)
<b>FMNVs AND ALL FORMS OF CANDY</b> (See policy for exemptions. For a copy of the full policy, go to <a href="http://www.squaremeals.org">www.squaremeals.org</a> or call 888-TEX-KIDS.)	For elementary, middle/junior high schools ▶	<b>Not allowed</b> to be provided to students any time anywhere on school premises by anyone (including guest speakers) <b>until after the end of the last scheduled class.</b> (FMNVs include any carbonated beverage –see full list of FMNVs on the left inside cover of this schedule.)	<b>Not allowed</b> to be provided to students <b>during meal periods in areas where reimbursable meals are served and/or consumed.</b>  Candy bars and other packaged candy cannot exceed 1.5 oz.  No more than 30 percent of beverages in vending machines or other service points can be sugared, carbonated soft drinks. All sugared, carbonated soft drinks must be limited to no more than 12 fl. oz.
<b>COMPETITIVE FOODS</b> (All food and beverages that are not provided by school food service.)	<b>Not allowed</b> to be provided to students any time anywhere on school premises <b>until after the end of the last scheduled class.</b>	<b>Not allowed</b> anywhere on school premises <b>from 30 minutes before to 30 minutes after meal periods.</b> All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.	<b>Not allowed during meal periods in areas where reimbursable meals are served and consumed.</b> All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.
<b>FATS</b>	For elementary, middle/junior and high schools ▶	Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time. (See the full policy for peanut butter exemption.)	
<b>DEEP-FAT FRYING</b>	For elementary, middle/junior and high schools ▶	Must be eliminated as a method of on-site preparation. Deep fried processed (manufactured) foods that have been pre-fried, flash-fried or par-fried by the manufacturer may be served but must be baked or heated by another method.	
<b>FRENCH FRIES AND OTHER PREVIOUSLY FRIED POTATO PRODUCTS</b> (Baked potato products that have not been pre-fried, flash-fried or deep-fat fried may be served without restriction.)	Portions may not exceed 3 oz., may only be served once a week, and may only be purchased by students one serving at a time. Must be baked for on-site preparation.	Portions may not exceed 3 oz., may only be served three times per week, and may only be purchased by students one serving at a time. Must be baked for on-site preparation.	Portions may not exceed 3 oz. and may only be purchased by students one serving at a time. Must be baked for on-site preparation.
<b>TRANS FATS</b>	For elementary, middle/junior and high schools ▶	Trans fat information must be requested in all product specifications and the purchase of products containing trans fats must be reduced.	
<b>FRUITS AND VEGETABLES</b>	For elementary, middle/junior and high schools ▶	Must be offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup whenever possible.	
<b>MILK</b>	For elementary, middle/junior and high schools ▶	Schools may offer whole milk but must also offer 2 percent, 1 percent or skim milk at all points where milk is served.	
<b>FRUIT/VEGETABLE JUICES</b>	For elementary schools only ▶	All beverages served in elementary schools must be milk, unflavored water and 100 percent fruit and/or vegetable juice. No electrolyte replacement beverages (sports drinks) may be served or sold. (See portion chart for frozen fruit slushes criteria.)	
<b>CONTRACTS</b>	For elementary, middle/junior and high schools ▶	Contracts, contract renewals and amendments must expressly comply with this policy.	
<b>PORTION CHART</b>	<b>ELEMENTARY SCHOOLS</b>	<b>MIDDLE/JUNIOR HIGH SCHOOLS</b>	<b>HIGH SCHOOLS</b>
<b>FOOD OR BEVERAGE</b>	For elementary, middle/junior and high schools ▶		
<b>CHIPS</b> (fried or baked)	1.5 oz. (no more than 7.5 grams of fat per bag)	1.5 oz. (no more than 7.5 grams of fat per bag)	1.5 oz. (no more than 7.5 grams of fat per bag)
<b>OTHER</b> (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)	1.5 oz.	1.5 oz.	1.5 oz.
<b>COOKIES/CEREAL BARS</b>	2 oz.	Total fat must not exceed 30 percent of calories or 3 grams per 100 calories; saturated fat must not exceed 10 percent of calories or 1 gram per 100 calories; sugar must not exceed 10 grams per ounce.	4 oz.
<b>BAKERY ITEMS</b> (e.g., pastries, muffins)	3 oz. For elementary, middle/junior and high schools ▶		
<b>FROZEN DESSERTS, ICE CREAM, FROZEN YOGURT, PUDDING OR GELATIN</b>	4 oz.	4 oz.	4 oz.
<b>WHOLE MILK, FLAVORED OR UNFLAVORED</b>	8 fl. oz. For elementary, middle/junior and high schools ▶	Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.	
<b>REDUCED FAT MILK, FLAVORED OR UNFLAVORED</b>	16 fl. oz. For elementary, middle/junior and high schools ▶	Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.	
<b>BEVERAGES OTHER THAN MILK</b>	6 fl. oz. Must not contain more than 30 grams total sugar per 6 fl. oz. Juices must be 100 percent fruit and/or vegetable juice. No limit on non-carbonated, unflavored water. Electrolyte replacement beverages (sports drink) are not allowed.	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.
<b>FROZEN FRUIT SLUSHES</b> (must contain at least 50 percent fruit juice)	6 fl. oz.	8 fl. oz.	12 fl. oz.

# NUTRITION POLICY EXEMPTIONS

## WHERE & WHEN

## NUTRITION POLICY

<p><b>Elementary School Classroom Snacks</b></p>	<p>Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during regular meal periods for that class) under the teacher’s guidance. The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. Prepackaged snacks must comply with the fat and sugar limits of the Texas Public School Nutrition Policy, and must be single-size servings. All snacks (homemade and prepackaged) may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). However, this does not apply to snacks students bring from home solely for their own consumption.</p>
<p><b>Elementary Classroom Birthday Parties</b></p>	<p>Foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended such parties be scheduled after the end of the class lunch period so that these celebrations will not replace a nutritious lunch.</p>
<p><b>Snacks for TAKS Test Days</b></p>	<p>Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. As with classroom snacks, these must comply with the limits outlined in the Public School Nutrition Policy. For healthy snack ideas, see TDA’s listing of “Suggestions for Nutritious Snacks,” available on request and at <a href="http://www.squaremeals.org">www.squaremeals.org</a>.</p>
<p><b>Field Trips, Athletic, UIL, Band and Other Competitions</b></p>	<p>The nutrition policy does not apply to students who leave campus for campus-approved field trips or to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.</p>
<p><b>Other</b></p>	<p>Certain exemptions are allowed for school nurses, students with special needs and up to three school wide events preapproved by campus officials. (NOTE: Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served/ consumed, including during any exempted events.)</p>

## COMPLIANCE AND PENALTIES

Please be aware that stricter penalties are now in place when violations of the Texas Public School Nutrition Policy are identified. Please refer to the full policy at [www.squaremeals.org](http://www.squaremeals.org) for further details on compliance and penalties.

For answers to policy questions, contact the Texas Department of Agriculture, Food and Nutrition Division  
P.O. Box 12847, Austin, Texas 78711 · (888) TEX-KIDS · [squaremeals@tda.state.tx.us](mailto:squaremeals@tda.state.tx.us)



**square meals**

Nourishing children's bodies and minds.

For a copy of the full text of the Texas Public School Nutrition Policy and the 2006 – 2010 implementation schedule, or for more information, go to [www.squaremeals.org](http://www.squaremeals.org).

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