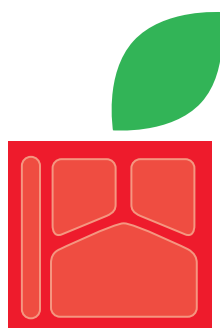


# Texas Public School Nutrition Policy at a Glance



square meals

Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Texas Department of Agriculture • Susan Combs, Commissioner

# NUTRITION POLICY EXEMPTIONS

## WHERE & WHEN

## NUTRITION POLICY

### Elementary School Classroom Snacks

Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) 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. At a teacher's option, parents may choose to use this snack time to provide healthy treats for birthdays and other celebrations. For nutritious snack ideas, see TDA's listing of "Suggestions for Nutritious Snacks," available on request and at [www.squaremeals.org](http://www.squaremeals.org).

### Snacks for TAKS Test Days

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 [www.squaremeals.org](http://www.squaremeals.org).

### Field Trips

Campus-approved field trips are exempt from the nutrition policy.

### Athletic, UIL, Band and Other Competitions

The nutrition policy does not apply to students who leave campus 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.

## FREQUENTLY ASKED QUESTIONS

### How is a "school day" defined?

The school day is defined as beginning with the start of the first breakfast period until the end of the last instruction period of the day (last bell). School activities, athletic functions, etc. that occur after the normal school day are not covered by this policy. If a school operates the federally-funded After School Snack Program, the policy will be in effect until this concludes for the day.

### Which school-level policy should K-12 schools follow?

K-12 schools may follow the policy requirements designated for middle school and junior high schools.

### Does this policy prohibit school teachers from using competitive foods as an instructional tool in the classroom?

School teachers may use food for instructional purposes as long as the food items are not considered FMNVs or candy.

### Do these nutrition standards apply to fundraising?

For middle school and high school campuses, the nutrition standards will apply to food fundraising during the school day. No food fundraising will be allowed on an elementary school campus during the school day. TDA has developed a list of ideas for non-food fundraising available at [www.squaremeals.org](http://www.squaremeals.org). Go to the "For Schools" link.

*For more FAQs, go to [www.squaremeals.org](http://www.squaremeals.org) and click on the link to TDA's "Food and Nutrition Division."*

*For answers to additional questions, e-mail TDA at [healthykids@agr.state.tx.us](mailto:healthykids@agr.state.tx.us).*

*This information was compiled in June 2004. For the most current policy updates, go to [www.squaremeals.org](http://www.squaremeals.org).*

For more information contact the Texas Department of Agriculture, Food and Nutrition Division  
P.O. Box 12847, Austin, Texas 78711 • (888) TEX-KIDS • [healthykids@agr.state.tx.us](mailto:healthykids@agr.state.tx.us)

© 2004 Texas Department of Agriculture TDA M(N)-592 06/04

In accordance with Federal law and U.S. Department of Agriculture policy, these programs are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## 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)

Not allowed until after the last lunch period.  
(certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by campus officials)

Not allowed during meal periods in areas where reimbursable meals are served and consumed.

Not allowed until after the last lunch period.  
(certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)

Allowed.

Not allowed during meal periods.

Not allowed during meal periods in areas where reimbursable meals are served and consumed.

May not exceed 3 oz. servings, may only be served three times a week, and may only be purchased one serving at a time.

May not exceed 3 oz. servings and may only be purchased one serving at a time.

Not allowed until after the last lunch period.

Sugared, carbonated beverages cannot be sold in containers larger than 12 oz. and are not allowed during meal periods in areas where reimbursable meals are served and consumed. By 2005-06 school year: no more than 30 percent of beverages in vending machines should be sugared, carbonated drinks.

See Portion Chart (below)

See Portion Chart (below)

Should be eliminated as a method of preparation as soon as possible. Refer to target dates in full policy.

Food items containing more than 28 grams of fat per serving size cannot be served more than twice per week (2006-07 school year goal: reduce limit to 23 grams).

By 2005-06 school year, schools should include a request for trans fat information in all product specifications. By 2007-08, schools should reduce the purchase of products containing trans fats.

Must offer 2 percent, 1 percent or skim milk at all points where milk is served. Flavored milk cannot contain more than 30 grams of sugar per 8 oz. serving.

Should be offered daily on all points of service, preferably fresh.

By the beginning of 2006-07 school year, all beverages served in elementary schools will be milk, unflavored water and 100 percent fruit and/or vegetable juices.



## MIDDLE SCHOOLS

## HIGH SCHOOLS

The maximum portion size restrictions below apply to all food and beverages served or made available to students with the exception of school meals, which are governed by USDA regulations.

1 ounce

1.25 ounces

1.5 ounces

1.5 ounces

2 ounces

2 ounces

3 ounces

3 ounces

4 ounces

4 ounces

8 ounces

8 ounces

8 ounces

8 ounces

16 ounces

16 ounces

12 ounces

12 ounces

1.5 ounces  
(not allowed until after the last lunch period)

1.5 ounces

12 ounces

12 ounces

## POLICY

## ELEMENTARY SCHOOLS

(a campus containing a combination of grades early elementary to 6)

### Foods of Minimal Nutritional Value\*

#### 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.)

#### FMNVs

(Foods of Minimal Nutritional Value)

#### CANDY

(including candy bars and packaged candies not included as FMNVs)

#### COMPETITIVE FOODS

(all food and beverages that are not provided by school food service)

#### FRENCH FRIES AND FRIED POTATO PRODUCTS

(except chips – see Portion Chart)

#### CARBONATED BEVERAGES

#### PORTION SIZES

#### DEEP-FAT FRYING

#### FATS

#### TRANS FATS

#### MILK

#### FRUITS AND VEGETABLES

#### FRUIT/VEGETABLE JUICES

Not allowed at any time during the school day. (certain exemptions are allowed for school nurses, students with special needs and up to three schoolwide events pre-approved by campus officials)

Not allowed at any time during the school day. (certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)

Not allowed at any time during the school day. (see exemptions listed on the back page of this brochure)

May not exceed 3 oz. servings, may only be served once a week, and may only be purchased one serving at a time.

Not allowed at any time during the school day.

See Portion Chart (below)

For elementary, middle and high schools ▶

For elementary, middle and high schools ▶

For elementary, middle and high schools ▶

For elementary, middle and high schools ▶

For elementary, middle and high schools ▶

For elementary schools only ▶

## PORTION CHART

## ELEMENTARY SCHOOLS

### FOOD OR BEVERAGE

For elementary, middle and high schools ▶

Chips (regular)

1 ounce

Chips (baked), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels

1.5 ounces

Cookies/cereal bars

2 ounces

Bakery items (e.g., pastries, muffins)

3 ounces

Frozen desserts, ice cream, pudding, Jello

4 ounces

Yogurt

8 ounces

Whole milk, flavored or unflavored

8 ounces

Reduced fat milk, flavored or unflavored

16 ounces

Beverages other than milk and those restricted as FMNVs (no limit on water)

12 ounces

(FMNV-restricted beverages not allowed during the school day.)

Candy bars and packaged candies

Not allowed during the school day.

(certain exemptions are allowed for students with special needs and up to three schoolwide events pre-approved by campus officials)

Frozen fruit slushes (must contain at least 50 percent fruit juice)

6 ounces

