

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 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.
Elementary Classroom Birthday Parties	Foods otherwise restricted by the policy are permitted at in-classroom birthday parties. Parties must be after the classes lunch period as to not spoil the child's appetite for a nutritious meal.
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 .
Field Trips, Athletic, UIL, Band and Other Competitions	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.
Other	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.)

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 and amendment at 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 · (877) TEX-MEAL · squaremeals@texasagriculture.gov



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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.

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Office of Adjudication & Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 260-1026, (866) 632-9992 (toll free), or (202) 401-0216 (TDD). USDA is an equal opportunity provider and employer.

Texas Public School Nutrition Policy at a Glance



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Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Commissioner Todd Staples • Texas Department of Agriculture



	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)
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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.

(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 AND ALL FORMS OF CANDY
(For a copy of the full policy, go to www.squaremeals.org or call 888-TEX-KIDS.)

COMPETITIVE FOODS
(All food and beverages that are not provided by school food service.)

FATS

DEEP-FAT FRYING

FRENCH FRIES AND OTHER PREVIOUSLY FRIED POTATO PRODUCTS
(Baked potato products that have not been pre-fried, flash-fried or deep-fat fried may be served without restriction.)

TRANS FATS

FRUITS AND VEGETABLES

MILK

FRUIT/VEGETABLE JUICES

CONTRACTS

For elementary, middle/junior high schools ▶

Not allowed to be provided to students any time anywhere on school premises **until after the end of the last scheduled class.**

For elementary, middle/junior and high schools ▶

For elementary, middle/junior and high schools ▶

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.

For elementary, middle/junior and high schools ▶

For elementary, middle/junior and high schools ▶

For elementary, middle/junior and high schools ▶

For elementary schools only ▶

For elementary, middle/junior and high schools ▶

Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) **until after the end of the last scheduled class.** (FMNVs include any carbonated beverage -see full list of FMNVs on the left inside cover of this schedule.)

Not allowed anywhere on school premises from **30 minutes before to 30 minutes after meal periods.** All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.

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.)

Not allowed as a method of on-site preparation at all schools (end of transition period for facilities requiring extensive changes).

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.

Trans fat information must be requested in all product specifications and the purchase of products containing trans fats must be reduced.

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.

Schools may offer whole milk but must also offer 2 percent, 1 percent or skim milk at all points where milk is served.

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.)

Contracts, contract renewals and amendments must expressly comply with this policy.

PORTION CHART	ELEMENTARY SCHOOLS	MIDDLE/JUNIOR HIGH SCHOOLS	HIGH SCHOOLS
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FOOD OR BEVERAGE For elementary, middle/junior and high schools ▶ The **maximum** portion size and nutrient restrictions below apply to all foods and beverages served or made available via vending machines, fundraisers, snack bars, a la carte or any other service point. These restrictions do not apply to food items served as part of a reimbursable school meal unless they are individually sold.

CHIPS (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)

OTHER (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels) **1.5 oz.** **1.5 oz.** **1.5 oz.**

COOKIES/CEREAL BARS **2 oz.** For elementary, middle/junior and high schools ▶ 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. See the full policy for grain/bread exemptions at breakfast.

BAKERY ITEMS (e.g., pastries, muffins) **3 oz.** **4 oz.** **4 oz.**

FROZEN DESSERTS, ICE CREAM, FROZEN YOGURT, PUDDING OR GELATIN **4 oz.** **4 oz.** **4 oz.**

WHOLE MILK, FLAVORED OR UNFLAVORED **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.

REDUCED FAT MILK, FLAVORED OR UNFLAVORED **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.

BEVERAGES OTHER THAN MILK **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.

FROZEN FRUIT SLUSHES (must contain at least 50 percent fruit juice) **6 fl. oz.** **8 fl. oz.** **12 fl. oz.**

This document is a quick reference only and should be used in conjunction with the full Texas Public School Nutrition Policy, available at www.squaremeals.org.

