

**Nutrition Guidelines for all Foods  
Available on Campus**

***Meal Times and Scheduling***

*Schools:*

- Will provide students with adequate time to eat lunch.
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled as near to the middle of the school day as possible.
- Schedule recess for elementary grades before lunch when feasible.
- Provide access to hand washing or hand sanitizing facilities before meals.

***School Meals***

*Meals served through the CFSD meal programs will:*

- Be appealing and attractive to students.
- Be served in clean and pleasant settings.
- Meet nutrition requirements established by District, state and federal statutes and regulations.
- Subscribe to the USDA revised My Pyramid food guidance system: emphasizing fruits, vegetables, whole grains, and fat-free or low-fat milk; includes lean meats, poultry, fish, beans, eggs, nuts and healthy fats; is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- Ensure that at least half of the served grains are whole grain.

***Schools should:***

Share information about the nutritional content of meals with parents and students. The information could be made available on menus, a Web site, on cafeteria menu boards, placards or other point-of-purchase materials.

***Foods***

Following the Arizona Nutrition Standards, food items sold individually:

- Will have no more than thirty-five percent (35%) of their calories from fat (excluding nuts, seeds, peanut butter, other nut butters, and reduced fat cheeses) and ten percent (10%) of its calories from saturated and trans fats combined.
- Will contain no more than eight hundred milligrams (800 mg.) of sodium per serving for meal items sold as á la carte items; and will contain no more than six hundred milligrams (600 mg.) of sodium for all other food items sold á la carte.
- K-8 will be no more than four hundred (400) calories per serving of an á la carte item or three hundred (300) calories per serving of all other items.
- Will not be greater than thirty-five percent (35%) sugar by weight (excluding fruits, vegetables and dairy).
- Final preparation will not include deep-fat frying foods.
- Will contain at least one (1) gram of fiber (excluding dairy and jerky).

***Beverages:***

- Allowed K-5: One hundred percent (100%) fruit and vegetable juices or water/seltzer water (non-flavored, non-sweetened, and non-carbonated); unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- Allowed 6-12: One hundred percent (100%) fruit and vegetable juices or water/seltzer water/fruit based drinks that contain at least fifty percent (50%) fruit juice without added caloric sweeteners; sports drinks with a maximum of twelve ounce (12 oz.) portion size; non-sweetened iced teas; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- Not allowed K-5: Soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit -based drinks that contain less than fifty percent (50%) real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- Not allowed 6-12: Soft drinks containing caloric sweeteners; fruit-based drinks that contain less than fifty percent (50%) real fruit juice or that contain additional caloric sweeteners, excluding low-fat or fat-free chocolate milk.

***K-8 Portion Size***

Limit K-8 portion sizes of foods and beverages sold individually to those listed below:

- One and a half ounces (1 1/2 oz.) for chips, crackers, or popcorn;
- Two ounces (2 oz.) of cheese;
- Two ounces (2 oz.) for trail mix, nuts, seeds or jerky;

- Two ounces (2 oz.) for cookies or brownies;
- Three ounces (3 oz.) for muffins;
- Three fluid ounces (3 oz.) for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces (8 oz.) for non-frozen yogurt;
- Twelve fluid ounces (12 oz.) for beverages excluding water and milk;
- Twelve ounces (12 oz.) for fruit smoothies;
- The portion size of à la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals; and
- Fruits and non-fried vegetables are exempt from portion-size limits.

### **Schools**

All foods and beverages sold individually outside the school meal programs (including those sold through à la carte or snack lines, vending machines, student stores, or fund-raising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

*Snacks.* Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. A list of healthful snack items for teachers, after-school program personnel, and parents will be available through the District food service program director.

### **Food Safety**

All foods made available on campus will adhere to the following food safety and security guidelines:

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service *operations are limited to child nutrition staff and authorized personnel.* For further guidance, see the *USDA food security guidelines.* This policy suggestion is from the *School Nutrition Association.*

### **Fund-raising Activities**

To support children's health and school nutrition-education efforts, school fund-raising activities during the school day will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fund-raising activities that promote physical activity.

### **Rewards**

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

Schools should limit celebrations that involve food during the school day to no more than one (1) party per class per month. Each party should include no more than one (1) food or beverage that does not meet nutrition standards for foods and beverages sold individually. A list of healthy party ideas for parents and teachers will be available through the District food service program director.

### **School-Sponsored Events**

We encourage the use of foods and beverages offered or sold on campus at school-sponsored events outside the school day (student/parent/booster groups) that meet the nutrition standards for meals or for foods and beverages sold individually.