

AR 3550 Food Service - Child Nutrition Program

Nutrition Standards for School Meals

Meals or food items provided through the district's food services program shall: (Education Code 49501.5, 49553; 42 USC 1758, 1773)

1. Comply with the National School Lunch and/or Breakfast Program standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10, 220.8, or 220.8 as applicable.
2. Not be deep fried, par fried, or flash fried, as defined in Education Code 49430 and 49430.7.

Nutrition Standards for Foods and Beverages Sold Outside the Reimbursable Meal Programs

Any foods or beverages that are not sold as part of the National School Lunch or Breakfast Program shall be sold to students only if they meet the nutrition standards specified in Education Code section 49430, 49431, 49431.2, 49431.7; CFR 15575, 15577, 15578; CFR 210.11, 220.12.

1. Elementary and Intermediate Schools – Food Restrictions.
 - a. Effective from midnight to one-half hour after the end of the official school day.
 - b. Applies to all foods sold to student by any entity.
 - c. Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.
2. Must meet one of the following general food standards:
 - a. Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these be the first ingredient), or
 - b. Be a combination food containing at least a quarter cup of fruit or vegetable.
3. Must meet the following nutrition standards:
 - a. Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
 - b. Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
 - c. Less than or equal to 35 percent sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
 - d. Less than 0.5 grams trans fat per serving (no exceptions), and
 - e. Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
 - f. Less than or equal to 200 calories per item/container (no exceptions)

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4. Elementary and Intermediate Schools – Beverage Restrictions. Education Code Section 49431.5, CFR 15576, CFR 210.10, 210.11, 220.8, 220.12
 - a. Effective from midnight to one-half hour after the end of the official school day.
 - b. Applies to all beverages sold to student by any entity.
 - c. Sold means the exchange of beverages sold for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.
5. A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water and meet all criteria under that specific category.
6. Compliant Beverages.
 - a. Fruit or Vegetable juice:
 - i. At least 50 percent juice, and
 - ii. No added sweeteners, and
 - iii. Elementary: Less than or equal to 8 fluid ounce serving size
 - iv. Intermediate: Less than or equal to 12 fluid ounce serving size
 - b. Milk:
 - i. Cow's or goat's milk, and
 - ii. 1 percent (unflavored), nonfat (flavored, unflavored), and
 - iii. Contains Vitamins A and D, and
 - iv. At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
 - v. Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - vi. Elementary: Less than or equal to 8 fluid ounce serving size
 - vii. Intermediate: Less than or equal to 12 fluid ounce serving size
 - c. Non Dairy milk:
 - i. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3), and
 - ii. Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - iii. Elementary: Less than or equal to 8 fluid ounce serving size
 - iv. Intermediate: Less than or equal to 12 fluid ounce serving size

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- d. Water:
 - i. No Added Sweeteners
 - ii. No serving size limit
- 7. All beverages must be caffeine-free (trace amounts are allowable).

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