



**POWAY UNIFIED SCHOOL DISTRICT
COMPETITIVE FOOD AND BEVERAGE (CALIFORNIA SMART SNACKS) STANDARDS
MIDDLE AND HIGH SCHOOLS**



NOTE: Student and adult school-based organizations must follow guidance contained in District Administrative Procedures 5.31.1 (School Wellness) and 6.62.4 (Competitive Food Sales) before selling foods and beverages to students.

COMPLIANT FOODS: From midnight to 30 minutes after the school day ends, the only foods that may be sold or served to middle and high school students outside the National School Lunch Program and School Breakfast Program are those that meet the following standards:

COMPLIANT SNACKS:
Must fit at least one of these descriptions:

- Whole grain-rich grain food item
- First ingredient is a fruit, vegetable, dairy product, or protein food
- Combination food containing at least ¼ cup fruit or vegetable

AND

Must meet the following nutrient standards (including any condiments/accompaniments):

- Not more than **200** calories per item/container
- Not more than **35%** of calories from **total fat**
- Less than **10%** of calories from **saturated fat**
- Not more than **35%** of weight from **total sugar**
- Not more than **200 mg sodium** per food item/container
- Zero grams of trans fat per food item/container

COMPLIANT ENTREES:
Must fit at least one of these descriptions:

- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks)
- Combination food containing meat/meat alternate and whole grain-rich grain food
- Combination food containing meat/meat alternate and fruit or non-fried vegetable

AND

Must meet the following nutrient requirements (including any condiments/accompaniments):

- Not more than **350** calories per item/container
- Not more than **35%** of calories from **total fat**
- Less than **10%** of calories from **saturated fat**
- Not more than **35%** of weight from **total sugar**
- Not more than **480 mg sodium** per food item/container
- Zero grams of trans fat per food item/container

COMPLIANT BEVERAGES: From midnight to 30 minutes after the school day ends, the only beverages that may be sold or served to middle and high school students outside the National School Lunch Program and School Breakfast Program are:

- Unflavored Water** with no added sweeteners. (No portion size limit)
- 100% Fruit and/or Vegetable Juice**, diluted up to 50% with water, with no added sweeteners. (Portion size limit: 12 fl. oz.)
- Unflavored Low Fat (1%) Milk**, with added vitamins A & D, and ≥ 25% Daily Value for calcium per 8 fl. oz. portion. (Portion size limit: 12 fl. oz.)
- Unflavored or Flavored Fat Free Milk**, with added vitamins A & D, ≥ 25% Daily Value for calcium, and ≤ 28 grams total sugar per 8 fl. oz. (Portion size limit: 12 fl. oz.)
- Unflavored or Flavored Non-Dairy Milk** that meets USDA requirements for nutritional equivalency to milk, ≤ 28 grams total sugar per 8 fl. oz., and ≤ 5 grams fat per 8 fl. oz. (Portion size limit: 12 fl. oz.)

EXEMPTIONS:

The following foods are exempt from certain nutrient standards, provided they are sold in portions packaged for individual sale and contain no added fat or sugar:

- Nuts, seeds, and nut/seed butters are exempt from the total fat and saturated fat standards.
- Reduced fat cheese and part-skim mozzarella cheese are exempt from the total fat and saturated fat standards.
- Combinations of dried fruit with nuts/seeds are exempt from the total fat, saturated fat, and sugar standards.
- Dried blueberries, cranberries, cherries, tropical fruits, and chopped dates or figs that contain added sugar are exempt from the sugar standard.
- Fruits and non-fried vegetables with no added ingredients (except water) are exempt from the total fat and sugar standards.

An entrée offered as part of a reimbursable school lunch or breakfast, may be sold by the Food and Nutrition Department as an a la carte entrée on the day of or day after meal service, and is exempt from all nutrient requirements above EXCEPT:

- Entrée must provide no more than 400 calories per serving; and
- Entrée must provide no more than 4 grams total fat per 100 calories.

HIGH SCHOOLS ONLY:

In addition to the compliant beverages described above, low- or no-calorie electrolyte replacement beverages may be sold or served on high school campuses, provided they meet the following standards:

- Water is first ingredient listed
- Not more than 2.1 grams added sweetener per fluid ounce
- 10-150 mg sodium per 8 fl. oz.
- 10-90 mg potassium per 8 fl. oz.
- Serving size of 20 fl. oz., if ≤ 10 calories per 20 fl. oz.
- Serving size of 12 fl. oz., if ≤ 60 calories per 12 fl. oz.
- No caffeine

ADDITIONAL REQUIREMENTS FOR SCHOOL-BASED ORGANIZATIONS, from midnight to 30 minutes after school ends:

In addition to the standards described above, food and beverage sales by school-based organizations must adhere to the following:

- Only one (1) school-based organization may sell each day.
- Up to three (3) food or beverage categories may be sold each day. These categories are defined in AP 6.62.4.
- The food or beverage categories cannot be the same as categories served by the Food and Nutrition Department during that school day.
- The food or beverage items must be approved in advance by the Food and Nutrition Department.
- The food or beverage items cannot be prepared on campus.
- In addition to one school-based organization sale per day, any and all school-based organizations may sell on the same four (4) designated days per year. All food and beverage items must still meet nutrition standards and be approved in advance by the Food and Nutrition Department.