P.A.U.S.D. NUTRITIONAL GUIDELINES FOR FUNDRAISERS INVOLVING FOOD

MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS


A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:
1. “Snack” food items must be:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit/nut/seeds combo), and
   b. ≤ 10% calories from saturated fat (except reduced-fat cheese, dried fruit/nut/seed combo), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit/nut/seed combo), and
   d. < 0.5 grams trans fat per serving (no exceptions), and
   e. ≤ 230 milligrams sodium (no exceptions), and
   f. ≤ 200 calories per item/container (no exceptions)

   *AND must meet one of the following*
   g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
   h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
   i. Be a combination food containing at least 1/4 cup fruit or vegetable.

2. “Entrée” food items must be:
   a. Meat/meat alternate and whole grain rich food; or
   b. Meat/meat alternate and fruit or non-fried vegetables; or
   c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

   AND

   An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program must be:
   a. ≤ 400 calories, and
   b. ≤ 4 grams of fat per 100 calories
   c. ≤ 0.5 grams trans fat per serving

   An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:
   a. ≤ 35% calories from fat, and
   b. < 10% calories from saturated fat, and
   c. ≤ 35% sugar by weight, and
   d. < 0.5 grams trans fat per serving, and
   e. ≤ 480 milligrams sodium, and
   f. ≤ 350 calories

   *AND must meet one of the following*
   g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
   h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
   i. Be a combination food containing at least 1/4 cup fruit or vegetable.

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:
   a. The statement “Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease...” or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.
Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS


A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:
1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 12 fl. oz. serving size

2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamins A & D, and
   d. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 12 fl. oz. serving size

3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.9(i)(3)), and
   b. ≤ 28 grams of total sugar per 8 fl. oz, and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 12 fl. oz. serving size

4. Water:
   a. No added sweeteners
   b. No serving size limit

5. No-calorie Electrolyte Replacement Beverages
   a. Water as first ingredient
   b. ≤ 16.8 grams added sweetener/8 fl. oz.
   c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
   d. 10-150 mg Na+/8 fl. oz.
   e. 10-90 mg K+/8 fl. oz.
   f. No added caffeine
   g. ≤ 20 fl. oz. serving size

6. Low-calorie Electrolyte Replacement Beverages
   (NOT ALLOWED IN MIDDLE SCHOOLS)
   a. Water as first ingredient
   b. ≤ 16.8 grams added sweetener/8 fl. oz.
   c. ≤ 40 calories/8 fl. oz.
   d. 10-150 mg Na+/8 fl. oz.
   e. 10-90 mg K+/8 fl. oz.
   f. No added caffeine
   g. ≤ 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15501

Effective from midnight to one-half hour after school.

Applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.