TEXAS NUTRITION POLICY

- **Texas Nutrition Policy - www.squaremeal.org for the latest information**.

These policies are effective as of August 1, 2008. TDA has the authority to reclaim federal reimbursement for non-compliance with these items for the week in which they occurred. Please ensure that your school adheres to the following policy changes and call Student Nutrition for clarifications if needed:

Elementary

- **No foods** can be distributed or sold to students at any time during the school day. This includes fundraisers, parties, etc.
- **Instructional Use of Food in Classroom:** Teachers may use foods on an occasional basis, as long as the food items are not considered FMNV or candy. They must be of instructional/enrichment purpose to the lesson and noted in the lesson plans.
- **Elementary School Classroom Snacks:** One (1) nutritious snack may be provided at no cost to the student per day under the teacher's guidance. This can be provided by the school, a parent or other groups. This can not be a baked dessert type item. The website www.squaremeals.org has suggestions for healthy snacks. Snacks should comply with the Portion limits and nutrition limits, please use the calculator at www.squaremeals.org, and click on "For Child Nutrition Professionals" and then Nutritional Calculator to determine if the snack is acceptable.
- **Exemption for three (3) FMNV school-wide events per year**. Schools can schedule three (3) school-wide parties which are exempt from competitive food (FMNV) rules. The events must involve the entire school and be documented on the school calendar and in Student Nutrition. This must also be provided at no cost to the students and no FMNVs can be sold/given away during meal periods where reimbursable meals are served/consumed.
- **Student Nutrition can provide a party type meal** to the classroom/school that is reimbursable and can be eaten outside the cafeteria; contact your cafeteria manager for details and see the section "Alternative Meal Service".

Middle/Junior High Schools

- **No FMNV food can be distributed or sold to students until after the end of the last scheduled class.**
- **Exemption for three (3) FMNV school-wide events per year**. Schools can schedule three (3) school-wide parties which are exempt from

competitive food (FMNV) rules. The events must involve the entire school and be documented on the school calendar and in Student Nutrition. This must also be provided at no cost to the students and no FMNVs can be sold/given away during meal periods where reimbursable meals are served/consumed.

- **Student Nutrition can provide a party type meal** to the classroom/school that is reimbursable and can be eaten outside the cafeteria; contact your cafeteria manager for details and see the section "Alternative Meal Service".
- **Vending** can operate until 30 minutes before to 30 minutes after meal periods; however, portion and nutritional limits must be followed, see below.

High Schools

- **FMNV Foods:** Not allowed to be provided to students anytime anywhere until after the end of the last scheduled class. This includes candy. No more than 15% of beverages in vending machines or other service points can be sugared, carbonated soft drinks. Beverages are limited to 12 oz except milk.
- **Competitive foods:** No food can be distributed or sold to students during meal periods in areas where reimbursable meals are served and consumed – And must comply with vending serving sizes below.
- **Vending and School Stores:** can operate in areas not serving reimbursable meals, or where they are consumed; however portion limits must be followed, see below.

ALL VENDING – portion and nutrition requirements. Please use the calculator at www.squaremeals.org, click on "For Child Nutrition Professionals" and then Nutritional Calculator to determine if the item is acceptable.

- Chips: regular – 1.5 oz – with no more than 7.5 grams of fat per bag.
- Crackers, popcorn, cereal, nuts pretzels – 1.5 oz
- Cookies/cereal bars – 2 oz, with no more than 30% calories from total fat (3 grams/100 calories), and 10% calories from sat. fat (1 gram/100 calories) plus sugar must not exceed more than 10 grams per ounce.
- Bakery Items- 3 oz, with no more than 30% calories from total fat (3 grams/100 calories), and 10% calories from sat. fat (1 gram/100 calories) plus sugar must not exceed more than 10 grams per ounce.
- Frozen desserts, Ice Cream – 4 oz
- Whole Milk – 8 oz; can contain no more than 3.75 grams of sugar per ounce

- Reduced fat milk – 16 oz; can contain no more than 3.75 grams of sugar per ounce
- Beverages other than milk – 12 oz; can contain no more than 3.75 grams of sugar per ounce
- Candy bars and packaged candies –Not allowed until after the last scheduled class
- Frozen fruit slushes – must contain 50% juice—Middle School - 8 fl oz.; High School 12 oz.
- Individual food items cannot contain more than 23 grams of fat per portion and trans fat should be reduced.