

**Guidelines for Nutritional Standards
Lower Merion School District**

(Adapted from the PDE document “Guidelines for Nutritional Standards for Competitive Foods in Pennsylvania)

Source of Competitive Food	Phase I Implemented 9/2006	Phase II Implemented 9/2007	Phase III Implement 9/2008
Ala Carte Food/Snacks	<p>The following standards will apply to all foods offered as ala carte</p> <ul style="list-style-type: none"> • Portion sizes will not exceed the serving size of food served in the National School Lunch Program and/or items will be packaged in single serving sizes • A selection /variety of whole grains will be available on a daily basis • A minimum of 1 fresh fruit will be offered daily. A variety of fruits and vegetables will be offered from day to day. • A variety of items that provide <2 grams of fiber per serving will be available on a daily basis. • No foods will be on-site deep/fat fried. This does not include stir-fried or sautéed foods. Pre-fried 	<p>The following standards apply to all foods offered as ala carte</p> <ul style="list-style-type: none"> • Except for entrees, items will provide < 250 calories per serving • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grains. • A minimum of 3 fruits and 3 vegetables will be offered daily (at least one of each being fresh/raw). A variety of fruits and vegetables will be offered from day to day. • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week. These 3 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulation 7CFR210 and 	<p>The following standards apply to all foods offered ala carte</p> <ul style="list-style-type: none"> • Items will provide <250 calories per serving • Items will be packaged in single serving sizes • A minimum of 3 fruits and 3 vegetables will be offered daily (at least 1 of each being fresh/raw) A variety of fruits and vegetables will be offered from day to day • No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 2 times per week. These 2 items are exempt from the total fat and saturated fat restrictions listed below. • At least 50% of grains offered will be whole grain (Table I) • Foods of Minimal Nutritional Value • (USDA regulation 7CFR210 and 220) will not be available anytime during the school day

	<p>or flash fried foods will not be offered more than 4 times per week.</p> <ul style="list-style-type: none"> • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition the majority of items offered will: <ul style="list-style-type: none"> -Not contain added sugar as the first ingredient -Provide minimal to no trans fatty acids <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p> <p>K-5 students will not be permitted to select more than 1 a la carte item.</p>	<p>220) will not be available anytime during the school day.</p> <p>In addition a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat(excluding nuts, seeds, nut butters, and reduced fat cheeses) • <10% of calories from saturated fat (excluding reduced fat cheeses) • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient • Minimal to no trans fatty acids <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>K-5 will not offer more than 8 ala carte items (exclusive of fruits and vegetables). These items will not contain peanuts or tree nuts nor will they be produced in a plant known to manufacture peanuts or tree nuts.</p>	<p>In addition all food items will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat(excluding nuts, seeds, nut butters, and reduced fat cheeses) • <10% of calories from saturated fat (excluding reduced fat cheeses) • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient • Minimal to no trans fatty acids <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards</p> <p>K-5 will not offer more than 8 ala carte items (exclusive of fruits and vegetables). These items will not contain peanuts or tree nuts nor will they be produced in a plant known to manufacture peanuts or tree nuts</p>
<p>Ala Carte Beverages</p>	<p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size) • 100 % fruit juice (not to exceed 12 ounces) • Milk, 1% low fat or nonfat (not to exceed 16ounces), flavored or 	<p>A minimum of 75% of the beverages (100% K-5) offered will be:</p> <ul style="list-style-type: none"> • Plain water or flavored water, no sugar or artificial sweeteners for elementary, middle or secondary (any size). • Water flavored with artificial sweetener for middle or secondary (limit 17oz); not to surpass 25% of 	<p>A minimum of 75% of the beverages (100% K-5) offered will be:</p> <ul style="list-style-type: none"> • Plain water or flavored water, no sugar or artificial sweeteners for elementary, middle or secondary (any size). • Water flavored with artificial sweetener for middle or secondary (limit 17oz); not to surpass 25% of

	<p>unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.</p> <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day</p>	<p>all water and 100% juice available.</p> <ul style="list-style-type: none"> 100% fruit juice (not to exceed 8 oz for elementary and 12oz. for secondary). <p>A minimum of 75% of the milk offered will be:</p> <ul style="list-style-type: none"> 2% reduced fat, 1% low fat or nonfat (not to exceed 8oz for elementary and 12oz for secondary), flavored or unflavored (not to exceed 30grams of sugar per 8ounce serving, inclusive of naturally occurring sugar , or include artificial sweetener. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above</p> <p>Carbonated beverages with a minimum of 70% pure juice and no other added ingredients excluding water, will be allowed (in order to be sold ala carte in secondary schools; the item(s) must be exempted by USDA from being a Food of Minimal Nutritional Value).</p> <p>Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none"> 150 calories 35 grams of sugar <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p>	<p>all water and 100% juice available.</p> <ul style="list-style-type: none"> 100% fruit juice (not to exceed 8 oz for elementary and 12oz. for secondary). <p>A minimum of 75% of the milk offered will be:</p> <ul style="list-style-type: none"> 2% reduced fat, 1% low fat or nonfat (not to exceed 8oz for elementary and 12oz for secondary), flavored or unflavored (not to exceed 30grams of sugar per 8ounce serving, inclusive of naturally occurring sugar , or include artificial sweetener). <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above</p> <p>Carbonated beverages with a minimum of 70% pure juice and no other added ingredients excluding water, will be allowed (in order to be sold ala carte in secondary schools; the item(s) must be exempted by USDA from being a Food of Minimal Nutritional Value).</p> <p>Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none"> 150 calories 35 grams of sugar <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p>
--	---	---	--

<p>Vending-Food/Snacks</p>	<p>Vending will not be available for students in grades K-5 and at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards will apply to all foods offered through vending machines.</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, the majority of items offered will</p> <ul style="list-style-type: none"> • Not be fried • Not contain added sugar as the first ingredient • Provide minimal to no trans fatty acids <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p>	<p>Vending will not be available for students in grades K-5 and at most, should only be available in limited quantities for grades 6-8. Including grades 9-12, the following standards will apply to all foods offered through vending machines.</p> <ul style="list-style-type: none"> • Items will provide <250 calories per serving • Packages will be in single serving sizes • A variety of items that provide > 2 grams of fiber per serving will be available on a daily basis. <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p> <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat (excluding nuts, seeds, nut butters and reduced fat cheeses). • <10% of calories from saturated fat excluding reduced fat cheeses. • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed the first ingredient. • Provide minimal to no Trans fatty acids. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p>	<p>Vending will not be available for students in grades K-5.</p> <p>In secondary grades, the following standards apply to all foods offered through vending machines.</p> <ul style="list-style-type: none"> • Packages will be in single serving sized • Items will provide <250 calories per serving • At least 50% of grains offered will be whole grains • Contain <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • Contain <10% of calories from saturated fat (excluding reduced fat cheeses) • Contain <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) • Not contain sugar as the first ingredient • Provide minimal to no trans fatty acids (Table 4) • Not be fried (Table 2)
-----------------------------------	--	--	---

<p>Vending Beverages</p>	<p>Not addressed</p>	<p>For Middle and High School, at least 75% of beverages must be: Plain water (any size)</p> <ul style="list-style-type: none"> • Flavored water with no sugars or artificial sweeteners (any size) • Flavored water with artificial sweeteners (17oz or less size; may not make up more than 25% of water and juice selections) • 100% fruit and /or vegetable juice (12 oz size or less) • Carbonated beverages with 70-100% pure juice with no added ingredients except water (must be exempted by USDA from being a Food of Minimum Nutritional Value) • Milk (flavored or unflavored). At least 75% of milk offered must be • 2% fat or less • 12 oz or less size • No more than 30 grams sugar per 8 oz (As written on the label) 	<p>For Middle and High School, at least 75% of beverages must be:</p> <ul style="list-style-type: none"> • Plain water (any size) • Flavored water with no sugars or artificial sweeteners (any size) • Flavored water with artificial sweeteners (17oz or less size; may not make up more than 25% of water and juice selections) • 100% fruit and /or vegetable juice (12 oz size or less) • Carbonated beverages with 70-100% pure juice with no added ingredients except water (must be exempted by USDA from being a Food of Minimum Nutritional Value) • Milk (flavored or unflavored). At least 75% of milk offered must be • 2% fat or less • 12 oz or less size • No more than 30 grams sugar per 8 oz (As written on the label) • No artificial sweeteners. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>The other 25% or less beverages for middle and high school cannot exceed 150 calories per package 35 grams sugar per</p>
---------------------------------	----------------------	---	---

<p>Fundraisers</p>	<p>It is strongly recommended that all items served as fundraisers, available for sale during the school day, follow the standards listed below: (Suggestions for fundraisers will be presented to administrators , faculty and parents)</p> <ul style="list-style-type: none"> • Packages will be in single serving sizes • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available any time during the school day. • Foods will not be fried • Foods will not contain added sugar as the first ingredient • Provide minimal to no Trans fatty acids. <p>Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.</p>	<p>All food items sold as fundraisers available for sale during the school day, will follow the standards listed below:</p> <ul style="list-style-type: none"> • Items will provide < 250 calories per serving • Packages will be in single serving sizes • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available any time during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses). • Saturated fat will be <10% of the total calories • Sugar content will be <35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Items will contain minimal to no Trans fatty acids. <p>It is recommended that items offered as fundraisers outside of the school day include non food options and/or support healthy eating by including items that meet the standards of fundraisers sold during the school day. Resources for alternative revenue are listed on district website.</p>	<p>All food items sold as fundraisers available for sale during the school day, will follow the standards listed below:</p> <ul style="list-style-type: none"> • Items will provide < 250 calories per serving • Packages will be in single serving sizes • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available any time during the school day. • Total fat will be <35% of the total calories (excluding nuts, seeds, nut butters and reduced fat cheeses). • Saturated fat will be <10% of the total calories • Sugar content will be <35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Items will contain minimal to no Trans fatty acids. <p>It is recommended that items offered as fundraisers outside of the school day include non food options and/or support healthy eating by including items that meet the standards of fundraisers sold during the school day. Resources for alternative revenue are listed on district website. Food items will be available no earlier than 30 minutes after the last meal period of the day.</p>

<p>Classroom Parties/Holiday Celebrations</p>	<p>It is strongly recommended that classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following :(Suggestions for fundraisers will be presented to administrators , faculty and parents)</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables • Water, 100% fruit juice or milk 	<p>Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables • Water, 100% fruit juice or milk 	<p>Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables • Water, 100% fruit juice or milk <p>In addition, Nutrition Services Department will offer party lists/menus that include food and beverage choices that:</p> <ul style="list-style-type: none"> • Are moderate in sodium content • Provide minimal to no trans fatty acids • Provide items that contain >2gm fiber per serving • Offer fresh fruits and vegetables • Offer water, 100% fruit juice or milk as the beverage choices • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220)
<p>Rewards</p>	<p>It is strongly recommended that food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmer’s market etc). Alternative ideas as listed on district website.</p>	<p>Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmer’s market etc). Alternative ideas are listed on district website.</p>	<p>Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmer’s market etc). Alternative ideas are listed on Nutrition Services website.</p>
<p>Food from Home</p>		<p>Parents/guardians will be encouraged to promote their child’s participation in the school meal program or to provide school</p>	<p>Parents/guardians will be encouraged to promote their child’s participation in the school meal program or to provide school</p>

		<p>lunch and/or encourage the purchase of healthy alternatives.</p> <p>All nutrition standards will be available to parents/guardians. Information regarding nutrition education and polices will be available on an ongoing basis. Nutrition education outreach may include newsletters, open house, back to school nights etc.</p>	<p>lunch and/or encourage the purchase of healthy alternatives.</p> <p>All nutrition standards will be available to parents/guardians. Information regarding nutrition education and polices will be available on an ongoing basis. Nutrition education outreach may include newsletters, open house, back to school nights etc.</p>
School Stores/Foods/Snack	<p>School Stores: Food, Snacks and Beverages must comply with standards: Specific information available for School Stores.</p>	<p>School Stores: Food, Snacks and Beverages must comply with standards: Specific information available for School Stores.</p>	<p>School Stores: Food, Snacks and Beverages must comply with standards: Specific information available for School Stores.</p>
Faculty Lounges	<p>Faculty is encouraged to set the example for students. Faculty is encouraged to model healthy nutrition and to avoid consuming foods and beverages that do not align with school policy in the presence of students</p>	<p>Faculty is encouraged to set the example for students. Faculty is encouraged to model healthy nutrition and to avoid consuming foods and beverages that do not align with school policy in the presence of students</p>	<p>Faculty is encouraged to set the example for students. Faculty is encouraged to model healthy nutrition and to avoid consuming foods and beverages that do not align with school policy in the presence of students</p>
Other	<p>Student Input: Students will be an active part of menu planning through regularly scheduled meetings and taste testing</p>	<p>Student Input: Students will be an active part of menu planning through regularly scheduled meetings and taste testing.</p> <p>Vegetarian Options: Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. Efforts should be made to include appealing vegetarian choices.</p>	<p>Student Input: Students will be an active part of menu planning through regularly scheduled meetings and taste testing.</p> <p>Vegetarian Options: Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. Efforts should be made to include appealing vegetarian choices.</p>