

Procedures for foods and beverages sold from midnight to 30 minutes after dismissal.

1. Content of Food & Beverages

A. All sold foods must meet the following nutrition standards during the school day (the school day is between midnight and ½ hour after school ends).

- **All food sold in schools must:**
 - Be a “whole grain-rich” grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). Note: on July 1, 2016 foods may not qualify using the 10% DV criteria.
- **Foods must also meet several nutrient requirements:**
 - Calorie limits:
 - Snack items: less than or equal to 200 calories
 - Entrée items: less than or equal to 350 calories
 - Sodium limits:
 - Snack items: less than or equal to 230 mg
 - Note: on July 1 2016 snack items must less than or equal to 200 mg sodium per item
 - Entrée items: Less than or equal to 480 mg
 - Fat limits:
 - Total fat: less than or equal to 35% of calories
 - Saturated fat: less than or equal to 10% of calories
 - Trans fat: zero grams

B. Nutrition Standards for Beverages

- **All Schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by National School Lunch Program (NSLP)/ School Breakfast Program(SBP)
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (without carbonation), no added sweeteners.
- Primary and Intermediate schools may sell up to 8 oz. portions, while secondary schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- The standards allow additional “no calorie” and “lower calorie” beverage options for high school students. Examples: vita-water, diet sodas, switch, sports drinks (powerade zero), etc.

- No more than 20 ounce portions of
 - Calorie-free, flavored water (with or without carbonated); and
 - Other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than or equal to 10 calories per 20-ounce portions.
- No more than 12-ounce portions of
 - Beverages with less than or equal to 40 calories per 8 fluid ounces, or less than or equal to 60 calories per 12 fluid ounces.

C. Other Requirements

- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments which can be significant.
 - At senior highs only: **Coffee drinks that meet the 60 calorie requirement for 12 ounce drinks may be sold.**
- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - **The district allows a special exemption for infrequent fundraisers that do not meet the nutrition standards.**
 - It is highly recommended that all University Place Schools, PTSA, and other associations or organizations make an effort to follow the guidance and suggestions of the USDA Smart Snacks in Schools for fundraiser philosophy.

2. Operation of Vending Machines, Student Stores, Fundraisers, PTSA and Booster Club sponsored events, and ASB functions.

- A. Sales of competitive foods and beverages (with the exclusion of a la carte items sold by Child Nutrition Services and CHS Student Store) are not permitted during the time when the school breakfast and lunch programs are serving food.
- B. Student stores must comply with the guidelines above.
- C. Vendor contracts for sales of competitive foods shall not include incentives for increasing students' consumption of foods or beverages.
- D. Vendor contracts for sales of competitive foods shall not include distribution of free products.

Legal Reference:

RCW 28A.235 Food Services
RCW 69.04 Intrastate Commerce in Food, Drugs and Cosmetics
WAC 246 Department of Health

Adoption Date: Policy adopted 7/9/14