

SFUSD's Nutrition Guidelines for all Food and Beverages

Nutrition guidelines are updated as new nutritional science information becomes available.

Last updated: June 18, 2015

The District's nutrition guidelines are a description of the minimum standards for all foods and beverages, including the type and amount of fat, sodium, sugar, calories, and other nutrients and food qualities. These guidelines meet or exceed the standards outlined in federal, state, and local policies and adhere to the USDA's recently published Smart Snacks nutrition standards required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). In the event the nutrition standards in the HHFKA get rolled back, the District's nutrition guidelines will not be rolled back but rather will retain the higher standards.

The District's nutrition guidelines apply **to all foods sold or served to students, staff and families on every PreK-12 campus and administrative building** during school days starting from the time students are first admitted to the school campus in the morning to thirty minutes after the end of the regularly scheduled afterschool programs. This includes but is not limited to:

- A la carte service in the cafeteria
- After school programs
- Celebrations
- Classroom-based activities
- Donated food
- Fundraisers on school grounds
- Vending machines
- Rewards
- School meals
- School stores
- Snack bars/concession stands
- Snacks
- Staff and parent meeting

The District's nutrition guidelines shall not impact culinary education programs' curriculum in schools. However, to the extent that such programs are selling or serving food to students on campus during the school day the food must comply with the District's nutrition guidelines.

Any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day **must be pre-approved in writing by Student Nutrition Services (SNS)** and must keep their own records as proof of compliance. For more information about the pre-approval process, visit www.sfusd.edu/bewell.

District funds can only be used to purchase foods and beverages that meet the District's nutrition guidelines.

The District's nutrition guidelines do not apply to food or beverage items bought with non-SFUSD funds for personal consumption. However, all staff are encouraged to promote healthy school environments by being positive role models for healthy behaviors on school property and at school-sponsored meetings and events where students are present, including only eating/drinking items that comply with the District's nutrition guidelines.

Table of Contents

1. Quality Products	3
2. Foods and Beverages Standards	5
I. Food	5
Entrée Standards (Middle and High Schools Only, Not Allowed at Elementary).....	5
Snacks: Pre-K and Elementary Schools Standards	6
Snacks: Middle and High Standards.....	6
Snacks: Adult Standards	6
II. Beverages (All Ages).....	7
Prohibited Beverages (All Ages)	7
3. School Meal Standards and Meal Pattern.....	8
Breakfast Pattern for Early Education Centers	8
Breakfast Meal Pattern for K-12.....	8
Lunch Pattern for Early Education Centers	9
Lunch/Supper Meal Pattern for K-12	10
Afterschool Snacks for K-12.....	10

1. Quality Products

All food and beverages provided to the students, including those from outside food sources and those served under the federally funded child nutrition program, must meet the quality standard listed below and must also meet the applicable nutrition standards outlined in sections 2 or 3 of this document.

- A. **Meat and Poultry.** Meat and poultry must meet the following grade standards.
- Beef USDA A Choice or better
 - Fowl USDA A Grade A or B
 - Poultry Chicken (fryers) USDA A Grade A
 - Turkey USDA A Grade A
 - No pork is to be served.
- B. **Cured Processed Meats.** (Bologna, frankfurters, luncheon meat, salami, others) shall meet all applicable requirements for Food Safety and Quality standards for the product. No variety meats, fillers, extenders, non-fat milk solids or cereal shall be used.
- C. **Non-Cured Meat Products.** Meat shall not contain fillers and must be Grade A or better. Beef shall have a lean-to-fat ratio of at least eighty percent lean to twenty percent fat (80:20 lean-to-fat). For sausage patties, the maximum fat allowed is fifty percent (50%) by weight.
- D. **Animal Products Free from Non-Therapeutic Use of Antibiotics.** Food providers and programs shall provide information whether animal products are or are not sourced from animals free from the non-therapeutic use of antibiotics. “Animal products that are free from non-therapeutic use of antibiotics” are animal products that come from food-producing animals which have only been subjected to the use antibiotics (particularly antibiotics with analogues to human drugs) when diagnosed with bacterial disease by a certified veterinarian, and which have not been subjected to the routine use of antibiotics other than for such disease therapy.
- E. **Dairy Products.** All dairy products shall be USDA Grade A, where applicable. The following items shall not be used: Cold-pack cheese food, pasteurized processed cheese food, pasteurized cheese spread, and pasteurized processed cheese spreads and other cheese alternates.
- F. **Frozen Vegetables.** All frozen vegetables shall be USDA Grade A Fancy IQF frozen providing color, flavor and textural characteristics of freshly prepared non-frozen vegetable upon re-heating of meal from frozen 0 degree Fahrenheit state. Canned vegetables, except beans, may be used only in preparation of sauces.
- G. **Fresh Fruits and Vegetables.** A variety of fresh fruits and vegetables shall be served.
- H. **Grains.** Foods that contain 100-percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50-percent is whole grain. The remaining 50 percent or less of grains, if any, must be enriched.
- I. **Fats and Oils.** Butter must meet 92 score; Fortified Margarine must be Fortified 15,000 IU.

- J. **Fried Foods, Trans Fats.** No fried foods, flash fried foods or artificial trans fats are permitted; only natural, non-hydrogenated, and trans-fat free oils may be used in cooking, food preparation, and dressings.
- K. **Processed Foods.** All processed foods shall contain no more than the minimum of sodium, fat, sugar, and/or other additives that are absolutely necessary for food preservation, safety, and palatability.
- L. **Prohibited Additives.** All foods shall be free of the prohibited additives listed below:
- Those not on the USDA Generally Recognized As Safe (GRAS) list.
 - Monosodium Glutamate (MSG)
 - Sodium Bisulfate (Sulfite Compounds)
 - Sodium Nitrate
 - Sodium Nitrite
 - Sodium Benzoate
 - Artificial colors or flavors
 - Added animal fats (lard) or by-products
 - Tropical oils (coconut and palm oils)
 - BHA&BHT.
 - L-Cystine
 - Disodium dihydrogen-sodium EDTA
 - Hydrogenated oils
 - High fructose corn syrup
 - No artificial trans fats
 - Products containing: wine, alcohol, beef tallow, coconut palm oil.
- M. **Fat and Sodium Levels.** Meals shall contain the lowest possible fat and sodium content possible while still providing a product with a good flavor and texture. Meals shall not contain more than thirty-five percent (35%) of the calories in any meal come from total fat, and no more than ten percent (10%) of calories in any meal be derived from saturated fats. See specific charts below for sodium levels.
- N. **Freshly Prepared, Not Frozen Meals.** No more than twenty four (24) hours shall elapse between the time that a meal is fully prepared and individually packaged. Once fully prepared meals shall never be frozen.
- O. **Peanuts and Tree Nuts.** No peanut or tree nut products can be distributed to students or added to any food/beverages distributed to students.

2. Foods and Beverages Standards

Any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day must comply with the following guidelines.

I. Food

Snacks or entrées must meet one of the following standards:

- First ingredient must be one of the food groups: Fruit, vegetable, dairy, protein, or whole grain
or
- Contain > 10% DV for calcium or potassium or Vitamin D or dietary fiber
or
- Be a combination food containing at least ¼ cup fruit or vegetable

The following foods only need to meet the calories, sodium, and trans fat requirements:

- Reduced-fat cheese or part-skim mozzarella
- Seeds or seed butters
- Dried fruits with no added sugar
- Fruits: fresh, frozen or canned in 100% juice
- Non-fried vegetables: fresh, frozen, or canned
- Dried fruits or vegetables

Entrée Standards (Middle and High Schools Only, Not Allowed at Elementary)

Entrées must meet one of the following standards:

- Meat/meat alternative and whole grain rich food
or
- Fruit/vegetable and meat/meat alternative
or
- Meat/meat alternative alone

Nutrient	Limit per Item (≤)
Calories	350 kcal
Sugar	35% sugar by weight
Sodium	480mg
Fat	35% of total calories from fat
Saturated Fat	10% of calories from saturated fat
Trans Fat	0g trans fat

Snacks: Pre-K and Elementary Schools Standards

Nutrient	Limit per Item (\leq)
Calories	175 kcal per item/container
Sugar	35% sugar by weight
Sodium	200mg
Fat	35% of total calories from fat*
Saturated Fat	10% of calories from saturated fat
Trans Fat	0g trans fat

The first ingredient must be one of the food groups: fruit, vegetable, dairy, protein*, or whole grain. *Protein is limited to seeds, legumes, eggs, cheese.

Snacks: Middle and High Standards

Nutrient	Limit per Item (\leq)
Calories	200 kcal per item/container
Sugar	35% sugar by weight
Sodium	200mg
Fat	35% of total calories from fat*
Saturated Fat	10% of calories from saturated fat
Trans Fat	0g trans fat

Snacks: Adult Standards

Nutrient	Limit per Item (\leq)
Calories	250 kcal per item/container
Sugar	35% sugar by weight
Sodium	360 mg
Fat	35% of total calories from fat*
Saturated Fat	10% of calories from saturated fat
Trans Fat	0g trans fat

II. Beverages (All Ages)

The following drinks are allowed:

- Water
- Naturally Flavored Water (≤ 5 calories)
- Naturally Flavored Carbonated Water (≤ 5 calories)
- Milk (≤ 8 oz for Elementary, ≤ 12 oz for Middle and High Schools)
 - Non-fat or 1% milk
 - Non-fat Milk, flavored or unflavored (no more than 30 calories can be attributed to added sugar for flavored milk)
 - No added sweeteners
 - 25% DV for Calcium, contains Vitamin A and D
- Milk Alternatives
 - Lactose-free milk
 - Non-dairy milk (i.e.: soy milk, almond milk...) must meet the nutrient standards in the table below.

Nutrient	Per one (1) cup (8 ounces)
Calcium	276 mg.
Protein	8 gm.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.
Sugar	≤ 10 g
Fat	≤ 5 g

Prohibited Beverages (All Ages)

Sugar Sweetened Beverages will not be sold or served to SFUSD students, staff or families at any time on any district property.* In addition, the following are not allowed:

- Caffeine**
- Added sugars, including high fructose corn syrup
- Artificial sweeteners
- 100% fruit juice
- Fruit drinks and punches
- Sports and energy drinks
- Soda***

* Flavored milk is allowed but no more than 30 calories can be attributed to added sugar, and high fructose corn syrup can not be used.

**Adult beverages include caffeinated coffee or tea with no added sugar or artificial sweeteners.

***No diet sodas/ drinks for adult vending, meetings, etc.

3. School Meal Standards and Meal Pattern

School meals must comply with the regulations of the federally funded Child Nutrition programs, ie National School Lunch Program (NSLP) and School Breakfast Program (SBP). A meal pattern is a menu-planning tool used to develop menus for a specific age group. Meal patterns should include food from each of four food groups- meat/meat alternate, vegetable/fruit, bread/bread alternate, and milk/milk alternate.

Breakfast Pattern for Early Education Centers

Breakfast	
Select All Three Components for a Reimbursable Meal	
Food Components	Ages 3-5
1 Milk	3/4 cup
1 Fruit/Vegetable	1/2 cup
1 Grains/Bread bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup

- Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.
- Breads and grains must be made from whole-grain or enriched meal or flour.
- Cereal must be whole-grain or enriched or fortified.

Breakfast Meal Pattern for K-12

	Grade K-5	Grade 6-8	Grade 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruit (cup)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10

Sodium (mg)*	≤ 430	≤ 470	≤ 500
Trans Fat	0	0	0

Lunch Pattern for Early Education Centers

Lunch	
Select All Four Components for a Reimbursable Meal	
Food Components	Ages 3-5
1 Milk	3/4 cup
2 Fruit/Vegetable	1/2 cup
1 Grains/Bread bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup
1 meat/meat alternate meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas yogurt	1½ oz. 1½ oz. 1½ oz. 3/4 3/8 cup 6 oz.

Menu offers non-choking hazard foods for pre-k students, who are under four years of age. Menu will not offer foods that are round, hard, small, thick and sticky, smooth, or slippery because they can cause choking. Hot dogs (sliced into rounds), whole grapes, hard candy, seeds, raw peas, dried fruit, pretzels, chips, popcorn, marshmallows, spoonfuls of peanut butter, and chunks of meat, which are larger than can be swallowed whole are examples of foods that can cause choking.

Lunch/Supper Meal Pattern for K-12

	Grade K-5	Grade 6-8	Grade 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruit (cup)	2½ (½)	2½ (½)	5 (1)
Vegetable (cup)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green	½	½	½
Red/Orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional vegetables	1	1	1½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meat/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)*	≤ 640	≤ 710	≤ 740
Trans Fat	0	0	0

Afterschool Snacks for K-12

All snacks served through NSLP must meet USDA nutritional guidelines and include at least two of the following:

- 1 serving of milk
- 1 serving of fruits and/or vegetables
- 1 serving of grains1 serving of protein