

MAINE SCHOOL ADMINISTRATIVE DISTRICT #33

Nutrition Guidelines for Student Wellness

Nutrition Standards

The following beverages may be sold or served at schools:

- 100% fruit or vegetable juices that do not contain added sweeteners.
- Water and seltzer.
- 1% and fat-free milk including, but not limited to, chocolate milk, soy milk, rice milk, and other similar dairy or non-dairy calcium-fortified milks such as E-Moo, RPM (Refreshing Power Milk), etc.
- Sports drinks or electrolyte replacement beverages and vitamin waters that contain less than 15 grams of sugar and more than 5% of one of eight specified nutrients – Vitamin A, Vitamin C, Calcium, Iron, Protein, Niacin, Riboflavin, and Thiamin.

The following beverages will be replaced with healthier items and may not be sold or served at schools:

- Soda pop, punches, slushies, cappuccinos, and caffeinated and sugared iced teas and coffees.
- Energy type drinks with high doses of caffeine and sugar (e.g. Monster, Red Bull, KMK, and coffee), excluding low-fat or fat-free chocolate milk (less than 10 mg. per serving).

Any snack, sweet, or side dish sold or served on school sites outside of the federal school meal programs shall meet all of the following standards:

- Have 30 percent or less of its total calories from fat or 7 grams or less of total fat (excluding nuts, seeds, and nut butters).
- Have 10 percent or less of its total fat calories from saturated plus trans fat or 2 grams or less of saturated fat.
- Have 360 milligrams or less of sodium per serving.
- Have 35 percent or less of its weight from sugars and 15 grams or less of sugars, excluding sugars occurring naturally in fruits, vegetables, dairy products, and 100% fruit juices.
- Have 5% or more of the recommended daily value per 100 calories of any one or more of 8 essential nutrients – Vitamin A, Vitamin C, Calcium, Iron, Protein, Niacin, Riboflavin, and Thiamin.

Some products that contain artificial sweeteners and discreet nutrients are not allowed to be sold or served. These products are listed in “Categories of Foods of Minimal Nutritional Value” in Appendix B to 7 C.R.F. Part 210 (National School Lunch Program).

- Soda water, water ices, chewing gum, hard candy, jellies and gummies, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn will not be sold or served.

Aim to limit portion sizes to:

- Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky 1.25 oz
- Cookies/cereal bars 2 oz
- Bakery items (e.g., pastries, muffins) 3 oz
- Frozen desserts (e.g., ice cream) 3 oz
- Yogurt 8 oz
- Beverages (no limit on water) 12 oz

Recommendations set forth by the Dietary Guidelines for Americans 2005 will be considered during menu planning and food preparation (see www.healthierus.gov/dietaryguidelines). We will aim to serve daily a variety of fresh fruits and vegetables, foods containing whole grains, and low-fat/fat-free dairy products.

Legal References: Ch. 51 (Department of Education Rule, Child Nutrition Programs in Public Schools and Institutions)

Cross References: EFE – Competitive Food Sales
 JJE – Fund-Raising Activities/Projects
 JL – Wellness Policy

History: Adopted Meeting #780 April 7, 2003 (as policy EFE)
 Revised Meeting #837 April 2, 2007