

School Foods Report Card 2007

Summary of State Policies for Foods and Beverages Sold Out of Vending Machines, School Stores, and Other Venues Outside School Meals

State	Policy
Alabama	<p>All schools during meal times, anywhere on campus must:</p> <ul style="list-style-type: none"> * Prohibit the sale of foods of minimal nutritional value (FMNV). * Restrict student access to concessions, extra sales, vending, and fundraisers that are in competition with the Child Nutrition Program. If income from such sales occurs, the revenue is required to be deposited in the Child Nutrition account. * Fundraising activities may not sell FMNV during the school day, for all schools, anywhere on campus. Existing contracts for fundraising that involve FMNV are no longer valid. * No one on the school campus will provide access to FMNV (including any food and beverage listing sugar or high fructose corn syrup as the first ingredient) for sale or free on all school premises until after the end of the last scheduled class (excluding carbonated beverages outside of meal times in high school as described below). <p>The following beverages can be sold in elementary schools:</p> <ul style="list-style-type: none"> * Bottled water of any size. * Low-fat, nonfat and flavored milk and milk alternatives (per USDA); up to 150 calories per 8 oz serving. * 100% juice with no added sweeteners; up to 120 calories with maximum serving of 8 oz. <p>The following beverages can be sold in middle schools:</p> <ul style="list-style-type: none"> * Bottled water of any size. * Low-fat, nonfat and flavored milk and milk alternatives (per USDA); up to 150 calories per 8 oz with maximum serving of 10 oz. * 100% juice with no added sweeteners; up to 120 calories per 8 oz with maximum serving of 10 oz. <p>The following beverages can be sold in high schools:</p> <ul style="list-style-type: none"> * Bottled water of any size. * Low-fat, nonfat and flavored milk and milk alternatives (per USDA); up to 180 calories per 8 oz with maximum serving of 12 oz.

Alabama [cont.]	<ul style="list-style-type: none"> * 100% juice with no added sweeteners; up to 120 calories per 8 oz with maximum serving of 12 oz. * No/low calorie beverages with up to 10 calories per 8 oz; maximum serving of 20 oz. * Other drinks with up to 66 calories per 8 oz; maximum serving of 12 oz. * Vending machines in high schools must contain at least 50% water and no/low calorie options. <p>Foods sold separately through the vending machines, cafeteria snack items (a la carte), and school stores will follow the Alabama’s Action for Healthy Kids standards:</p> <ul style="list-style-type: none"> * Snack foods, 1.5 ounce servings: <ul style="list-style-type: none"> * Low or moderate in fat (less than 10% DV of total fat). * Less than 30 g of carbohydrate. * Less than 360 mg of sodium. * Contain 5% DV of either vitamin A, vitamin C, iron, calcium or fiber. * Schools are not allowed to use Child Nutrition Program funds to purchase new fryers. * Sets limits for portion sizes for food and beverages.
Alaska	USDA Regulations ¹
Arizona	<ul style="list-style-type: none"> * Prohibits elementary, middle, and junior high schools from serving or selling any FMNV during the school day on campus. <p><u>Additional Beverage Standards for Grades K-8:</u></p> <ul style="list-style-type: none"> * Water may contain natural or non-caloric sweeteners but cannot contain caffeine or a caffeine derivative. * Fruit and/or vegetable juice must contain no less than 100% fruit and/or vegetable juice for elementary schools and no less than 50% juice, no sugar added, with nutrient values equal to 100% juice for middle and junior high schools. * Yogurt or ice based fruit smoothies must not exceed 400 calories, must contain 100% fruit juice for elementary schools and no less than 50% fruit juice for middle and junior high schools.
Arizona	* 2% or less milk; reduced-fat enriched rice, nut or soy

^AUnder USDA regulations, the sale of “foods of minimal nutritional value” (FMNV) is prohibited during meal times in areas of the school where USDA school meals are sold or eaten. However, FMNV can be sold anywhere else on-campus – including just outside the cafeteria – at any time. A FMNV provides less than 5% of the Reference Daily Intake (RDI) for eight specified nutrients per serving. FMNV include chewing gum, lollipops, jelly beans, and carbonated sodas. Many junk foods are not considered FMNV, such as chocolate candy bars, chips, and fruitades (containing little fruit juice), and therefore are allowed to be sold in the school cafeteria during meal times (and everywhere else on campus throughout the school day).

[cont.]	<p>beverages; and flavored milk with no more than 4 grams of sugar per ounce allowed.</p> <ul style="list-style-type: none"> * Sports drinks/electrolyte-replacement drinks are allowed to be served in middle and junior high schools and may not exceed 12 ounces. <p><u>Additional Food Standards for Grades K-8:</u></p> <ul style="list-style-type: none"> * 35% or less calories from fat (not including nuts, seeds and reduced-fat cheese). * 10% or less calories from saturated fat and trans fat (not including nuts, seeds and reduced-fat cheese). * No more than 35% total sugars by weight (excluding dairy, fruits and vegetables). * Must contain at least 1 gram of fiber (not including dairy and jerky). * Calories: <ul style="list-style-type: none"> * Maximum 400 calories per serving for entrée items sold as a la carte and fruit-based smoothies. * Maximum 300 calories per serving for all other items. * Sodium: <ul style="list-style-type: none"> * Maximum 800 mg of sodium for entrée items sold as a la carte. * Maximum 600 mg of sodium for all other snack items. * All deep-fat fried chips and crackers are prohibited (not including in program meals). * Final preparation method cannot be deep-fat fried (includes program meals). <p>* Portion size restrictions on food and beverages.</p>
Arkansas	<p><u>Elementary Schools:</u></p> <ul style="list-style-type: none"> * No access to food or beverages sold or given away outside meals anytime, including vending, a la carte items, anywhere on school premises during the school day. * French fries can only be served in elementary schools 1 time per week and then must meet portion size limit. * The only additional foods and/or beverages that may be sold are food items sold in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables and/or an extra meal meeting the same requirement as the reimbursable meal. Extra servings of desserts, French fries or ice cream are not allowed. <p><u>Middle/Junior and High Schools:</u></p> <ul style="list-style-type: none"> * FMNV and competitive food are prohibited anywhere on campus for middle, junior high and high schools until ½ hour after the last lunch period ends.
Arkansas (cont.)	<ul style="list-style-type: none"> * Beginning ½ hour after the last lunch period ends, the following nutrition standards apply for middle and high schools:

fundraising events if the items are sold by pupils and the sale either takes place off school premises or the sale takes place at least one-half hour after the end of the school day.

Middle and Junior High Schools

From one-half hour before to one-half hour after the end of the school day, only the following can be sold to pupils:

- * Drinking water with no added sweeteners.
- * Milk (2%, 1%, nonfat, soy, rice, or other similar nondairy beverages).
- * Fruit and vegetable-based drinks with at least than 50% fruit or vegetable juice and no added sweeteners.
- * Electrolyte replacement beverages with no more than 42 g of added sweetener/20-ounce serving.

* Snacks (generally regarded as supplementing a meal) sold to a pupil, except food served as part of a USDA meal program, must meet all of the following standards:

- * Not more than 35% calories from fat (excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes).
- * Not more than 10% calories from saturated fat (excluding eggs or cheese packaged for individual sale).
- * No artificial trans fat.
- * Not more than 35% weight from sugars, including naturally occurring and added sugars (excluding fruits or non-fried vegetables).
- * Not more than 250 calories per individual food item.

* Entrée items (foods generally regarded as being the primary component in a meal) sold to a pupil, except food sold as part of a USDA meal program, must meet all the following standards:

- * No more than 400 calories per entrée.
- * No more than 4 g of fat/100 calories
- * Foods categorized as entrée items in the School Breakfast or National School Lunch Programs.

* Noncompliant foods may be sold if the sale takes place off of and away from school premises, or the sale takes place at least one-half hour after the end of the school day, or during a school-sponsored pupil activity after the end of the school day.

California
[cont.]

High Schools

By July 1, 2009 100% of beverages sold to pupils in high schools must meet middle and junior high school standards.

High schools follow the food standards stated under Middle and Junior High section.

Colorado	Competitive foods (not including a la carte foods) may not be offered on campus in schools participating in the federal meal programs beginning ½ hour prior to ½ hour after the last regular school lunch or breakfast. This may be waived for competitive, mechanically-vended beverages offered to high school students (outside the cafeteria or outside of meal times).
Connecticut	<p>Candy may not be sold anywhere on campus from ½ hour before to ½ hour after school meal programs. Income from sales of any foods served on campus during this time period must accrue to the food service account.</p> <p>Each local and regional board of education and the governing authority for each state charter school, interdistrict magnet school and endowed academy may only allow the following beverages be sold to students from any source, including school stores, vending machines, school cafeterias, and fundraising activities on school premises, whether or not school-sponsored:</p> <ul style="list-style-type: none"> * Milk that does not contain artificial sweeteners and has no more than 4 grams of sugar/ounce. * Non-dairy beverages such as soy or rice milk that do not contain artificial sweeteners, has no more than 4 grams of sugar/ounce, no more than 35% calories from fat, and no more than 10% calories from saturated fat. * 100% fruit or vegetable juice with no added sugars, sweeteners or artificial sweeteners. * Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners * Water (may be flavored but may not contain added sugars, sweeteners, artificial sweeteners or caffeine). * Beverages except for water may not exceed 12 ounces. * Requires the State Department of Education to set recommended nutritional standards for food sold to students outside of meals by January first of each year (after 2006). Schools are not required to meet the standards, however, the vocational-technical system, boards of education, and governing authorities whose schools participate in the meal program must certify in their annual application for funding whether the non-exempted food items they serve for that year will meet the standards. If the schools meet the standards, they will receive 10 cents extra per lunch served.
Connecticut [cont.]	* Requires governing authorities for state charter schools, interdistrict magnet schools, and endowed academies to make available for purchase by students nutritious and low-fat foods, including low-fat dairy products and fresh or dried fruits, at all times when food is available to students for purchase during the regular school day.
Delaware	USDA Regulations ^A
District of	DC Public Schools is implementing nutrition standards for all

	<p>more than 35% sugars by weight and no more than 200 calories per serving</p> <p>Schools may apply for exemptions if the school can demonstrate that its existing food or beverage contract does not allow the school to offer only foods and beverages meeting the requirements. Exemptions may also be given for schools that do not have the facilities to distinguish between food and beverage sales to students in grades 8 and below with food and beverage sales to students in grades 9 and above.</p> <p>* During meal periods, no confections, candy or potato chips can be sold in schools in which grades 5 and below are operating.</p>
Indiana	<p>In elementary schools, food and beverage vending machines may not be accessible to students.</p> <p>50% of all food and beverages sold outside of the meal programs to students K-12 during the school day must meet the following nutrition standards:</p> <p><i>Beverage standards:</i></p> <ul style="list-style-type: none"> * Fruit- or vegetable-based drinks with no less than 50% fruit or vegetable juice with no added caloric sweeteners. * Water and seltzer water with no added caloric sweeteners. * Low fat and fat free milk, including chocolate milk, soy, rice and other similar nondairy beverages. * Isotonic beverages. <p><i>Food standards:</i></p> <ul style="list-style-type: none"> * Not more than 30% calories from fat. * Not more than 10% of calories from saturated and trans fat. * Not more than 35% weight from sugars that do not occur naturally in fruits, vegetables, or dairy products. * Limits food and beverage portion sizes.
Iowa	USDA Regulations ^A
Kansas	USDA Regulations ^A
Kentucky	<ul style="list-style-type: none"> * No foods or beverages may be sold outside the school meal program (except a la carte) on campus until ½ hour after last lunch period. * Beverages and food offered for sale through a vending machine, school store, canteen, or fundraiser on all public school campuses during the period of time beginning 30 minutes after the last lunch must adhere to the following nutrition standards: <p><u>Beverages:</u></p> <ul style="list-style-type: none"> * 1% or fat-free milk (flavored or unflavored). * Plain or flavored, noncaloric, noncarbonated water. * 100% fruit or vegetable juice or any combination of both

<p>Kentucky [cont.]</p>	<p>totaling 100% (may exceed 10 grams of sugar per serving). * Any other beverage that contains no more than 10 grams of sugars per serving. * Portion size limit of 17 ounces for elementary school beverages and 20 ounces for middle and high school beverages (not including water).</p> <p><u>Food:</u> * Calories from fat shall not exceed 30% (not including 2% or less milk-fat cheese, nuts, seeds, and nut butters). * Calories from saturated fat shall not exceed 10%. * Sugars shall not exceed 32% by weight and grams of sugars shall not exceed 14 grams (including naturally-occurring and added sugars) and excluding fruits and vegetables. * Sodium: * Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 300 mg of sodium per serving. * Pastas, meats, and soups shall not contain more than 450 mg of sodium per serving. * Pizza, sandwiches, and main dishes shall not contain more than 600 mg of sodium per serving. * Portion size restrictions for foods.</p> <p>* Food and beverage standards apply to a la carte items offered for sale on the cafeteria line during the serving of breakfast or lunch. Schools may offer for a la carte sale any food item that is creditable under the federal school program meal patterns.</p> <p>* Each school must limit access to retail fast food in the cafeteria (contract, commercial vendor, or otherwise) to no more than one day each week.</p> <p>* A school shall follow the minimum standards specified unless a waiver has been requested by the school district for the school from the Kentucky Board of Education. Any waiver approved by the Board of Education shall be reviewed on an annual basis.</p>
<p>Louisiana</p>	<p>No FMNV (such as soda) can be sold anywhere on campus the entire day for all elementary and middle schools.</p> <p>A la carte meal service is prohibited for all grades. All meals are priced as a unit. Items such as milk, full strength fruit juice and unflavored water can be sold without the purchase of a meal.</p> <p><u>In public elementary and secondary schools</u> the following beverages may be sold at any time during the school day: * Water (unsweetened flavored or unflavored drinking water) and milk (low-fat, skim, flavored and non-dairy) of any size.</p>

Michigan	USDA Regulations ^A
Minnesota	USDA Regulations ^A
Mississippi	No food items will be sold on the school campus for one hour before the start of any meal services period until the end of the last meal period. During meal periods, food items are only allowed to be sold through the school food service. School food service shall serve only those foods that are components of the approved federal meal patterns (or milk products) and such additional foods as necessary to meet the caloric requirement of the age group being served. With the exception of water and milk products, a student may purchase the individual components of the meal only if the full meal also is being purchased.
Missouri	USDA Regulations ^A
Montana	USDA Regulations ^A
Nebraska	* USDA Regulations. In addition, no food or beverage can be sold to children anywhere on school premises of schools participating in the federal meal programs beginning one half hour before breakfast and lunch until one half hour after meal service unless all proceeds earned during these time periods go to the school nutrition program.
Nevada	Requires the following nutrition guidelines for all foods made available to elementary, middle/junior high and high school students, whether given away, earned, or sold, on the school campus during the school day:
Nevada [cont.]	<ul style="list-style-type: none"> * No FMNV. * Fat limited to 30% of calories (not including nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk). * Saturated fat limited to 10% of calories. * Sodium: no more than 600 mg/serving. * Sugars: no more than 35% by weight (not including sugars from fruits and vegetables when used as additives). * Electrolyte replacement beverages are not allowed in elementary schools and may not exceed 12 ounces for middle/junior and high schools. * Snacks and beverages must meet portion size limits. <p>* Each local educational agency may establish a policy that allows exemptions for food that exceed the established nutrition parameters in observance of state or national holidays, established religious observances, school community observances such as birthday parties, as part of a learning experience related to the reinforcement of established lesson plans in the classroom (this exemption does not allow for an exemption toward the sale of foods as part of a business enterprise or fundraising activity).</p>

	<p>* Each district must develop and implement a local wellness policy. The local wellness policy may be more restrictive than the state policy, but may not be less restrictive.</p>
New Hampshire	<p>USDA Regulations^A</p>
New Jersey	<p>All public schools K-12 with breakfast/lunch programs must adhere to the following requirements anywhere on school property, during the school day:</p> <ul style="list-style-type: none"> * Not serve, sell, or give out as free promotion FMNV, items listing sugar in any form as the first ingredient, and candy. * Snacks and beverages sold must have no more than 8 g of fat/serving (not including nuts and seeds) and no more than 2 g of saturated fat/serving. <ul style="list-style-type: none"> * In middle and high schools, no more than 40% of all ice cream/frozen desserts may exceed fat and saturated fat standards. * Beverages may not exceed 12 ounces (not including water or milk containing 2% or less fat). Whole milk may not exceed 8 ounces. <ul style="list-style-type: none"> * The only beverages that may be sold in elementary schools are milk, water and 100% fruit or vegetable juices.
New Jersey [cont.]	<ul style="list-style-type: none"> * In middle and high schools, at least 60% of all beverages offered (other than milk and water) must be 100% fruit or vegetable juice. No soda. * Schools must reduce the purchase of any products containing trans fats.
New Mexico	<p>Foods and beverages sold in schools during the school day in vending machines, a la carte and fundraising can include the following:</p> <p><u>Elementary Schools:</u></p> <ul style="list-style-type: none"> * Beverages sold in vending machines may only be sold after the last lunch period and may only include 2% or less milk, soy beverages and water. These are also the only a la carte beverages allowed during the lunch period and are the only beverages allowed as a fundraiser during the school day (not including during the lunch period). * No carbonated drinks allowed. * No food products may be sold to students from vending machines. <p><u>Middle & High Schools:</u></p> <ul style="list-style-type: none"> * Only the following beverages may be sold to students from vending machines: water, 2% or less milk, soy beverages and

<p>New Mexico (cont.)</p>	<p>50% fruit juice in high schools and 100% fruit juice in middle schools (juices in high and middle schools cannot contain added sweeteners, have more than 125 calories/container, or have serving sizes exceeding 20 ounces).</p> <p>* The beverages above are the only a la carte beverages allowed during the lunch period and are the only beverages allowed as a fundraiser during the school day (not including the lunch period).</p> <p>* Carbonated beverages may not be sold to students in middle schools.</p> <p>* High schools also may sell sugar-free/caffeine-free soft drinks, non-carbonated flavored water with no added sweeteners, and sports drinks in vending machines only after the last lunch period is completed.</p> <p>* Foods meeting the following guidelines may be sold in vending machines after the last lunch period is completed for middle schools and at any time in high schools (nuts, seeds, cheese, yogurt, and fruit may be sold at any time in middle and high school):</p> <ul style="list-style-type: none"> * Foods with no more than 200 calories per container, per package, or amount served; no more than 8 g of fat/serving with no more than 2 g of saturated plus trans fat/serving; and no more than 15 g of sugars/package. * These food items are also allowed as fundraisers except during the lunch period. <p>* Food products sold in elementary, middle and high schools during the lunch period as a la carte sales must meet the following guidelines (nuts, seeds, cheese, yogurt and fruit do not have to meet the standards and can be sold):</p> <ul style="list-style-type: none"> * No more than 400 calories per container, per package, or amount served; no more than 16 grams of fat with no more than 2 grams from saturated and trans fat combined; and no more than 30 g of total sugars. <p>* Food and beverages may be sold as fundraisers outside of normal school hours for elementary, middle and high schools as long as at least 50% of the choices/offerings meet the nutrition standards for high school vending.</p>
<p>New York</p>	<p>Prohibits the sale of FMNV and all other candy from the beginning of the school day until the end of the last scheduled meal in any public school within the state.</p>
<p>North Carolina</p>	<p>Requires products sold in vending machines outside the school cafeteria during the school day to meet the following standards:</p> <p><u>Beverages:</u></p>

<p>North Carolina (cont.)</p>	<ul style="list-style-type: none"> * Soft drinks may not be sold in elementary schools and may not be sold in middle and high schools during breakfast and lunch periods. * Sugared carbonated soft drinks, including mid-calorie carbonated soft drinks, may not be sold in middle schools (diet sodas are allowed). * Not more than 50% of the offerings for sale to students in high school may be sugared carbonated soft drinks (diet sodas are not counted in the 50%). * Bottled water products must be available in every school that has beverage vending. Snacks must meet the following standards for vending: * No snack vending will be available to students in elementary schools. * In middle and high schools, 75% of snacks may not have more than 200 calories per portion or package. * Revenues from the sale of all foods and beverages sold to students before the last child is served lunch must accrue to the Child Nutrition Program. * The State Board of Education, in direct consultation with a cross section of local directors of child nutrition services, shall establish statewide nutrition standards for school meals, a la carte foods and beverages, and items served in the After School Snack Program. The nutrition standards will promote gradual changes to increase fruits and vegetables, increase whole grain products, and decrease foods high in total fat, trans fat, saturated fat, and sugar. * Nutrition standards for elementary schools have been adopted by the State Board of Education. The standards must be implemented in all elementary schools no later than the first day of the 2008 school year. * A la carte items must meet the following criteria: <ul style="list-style-type: none"> * No more than 35% calories from total fat, excluding seeds and nuts. * No more than 10% calories from saturated fat. * No more than 1% calories from trans fat. * No more than 35% sugars by weight. * Item must be in the same serving size as offered that day as part of the reimbursable program with a limit of one additional entrée portion. * Single serving dairy products can contain no more than 200 calories. * Preparation methods for fruit and vegetables limited to baking, roasting, broiling, boiling and steaming. * The following beverages can be served: <ul style="list-style-type: none"> * Water.
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	<ul style="list-style-type: none"> * 1% or nonfat milk. * Fruit juice containing 50% or more juice and no added sweeteners, 8 oz max portion. * 100% frozen food products with no added sweeteners, 8 oz max portion. <p>* Public schools cannot use cooking oils in their school food programs that contain trans fat or sell processed foods that contain trans fat that were formed during the commercial processing of the foods.</p>
North Dakota	USDA Regulations ^A
Ohio	USDA Regulations ^A
Oklahoma	<ul style="list-style-type: none"> * FMNV are prohibited in elementary schools except on special occasions. * FMNV (other than diet soda) are prohibited in middle and junior high school except after school, at events which take place in the evening, and on special occasions. <ul style="list-style-type: none"> * In middle and junior high schools, diet soda with less than 10 calories per bottle or can is allowed during the school day.
Oklahoma [cont.]	<ul style="list-style-type: none"> * Each district shall provide incentives, such as lower prices or other incentives, to encourage healthy food choices for high school students and ensure that healthy options are available at school.
Oregon	<p>All food and beverage items sold in K-12 schools at all times during the regular or extended school day when activities in the school are primarily under the control of the school, must meet, at a minimum, the following standards:</p> <p><u>Snack Items:</u></p> <ul style="list-style-type: none"> * Sold only in a single serving size. * No more than 35% of calories from total fat. This does not apply to snacks that are legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese. * No more than 10% of calories from saturated fat. This does not apply to snacks that are nuts, eggs and cheese. * No more than 35% sugar by weight. This does not apply to fruits and vegetables. * No more than 0.5 g of trans fat per serving. * Snack items may not contain more than the following calories: <ul style="list-style-type: none"> * 150 calories in schools in which the highest grade level is grade 5 or less. * 180 calories in schools in which the highest grade level is grade 6, 7, or 8. * 200 calories in schools in which the highest grade level is 9, 10, 11, or 12. <p><u>Entrée items sold individually:</u></p> <ul style="list-style-type: none"> * No more than 4 g of fat per 100 calories.

<p>Oregon [cont.]</p>	<p>* No more than 450 calories.</p> <p><u>Beverages:</u></p> <ul style="list-style-type: none"> * All beverages sold in schools in which the highest grade level is grade 5 or less must be: <ul style="list-style-type: none"> * Water. * 100% fruit or vegetable juice with no added sweeteners and containing no more than 120 calories. * Unflavored low-fat or fat-free milk or nutritionally equivalent milk alternative. * Flavored low-fat or fat-free milk or nutritionally equivalent milk alternative containing no more than 150 calories. * Maximum portion size for beverages, except for water, is 8 oz. * All beverages sold in schools in which the highest grade level is grade 6, 7 or 8 must be: <ul style="list-style-type: none"> * Water. * 100% fruit or vegetable juice with no added sweeteners and containing no more than 120 calories per 8 oz. * Unflavored low-fat or fat-free milk or nutritionally equivalent milk alternative. * Flavored low-fat or fat-free milk or nutritionally equivalent milk alternative containing no more than 150 calories per 8 oz. * Maximum portion size for beverages, except for water, is 10 oz. * All beverages sold in schools in which the highest grade level is grade 9, 10, 11 or 12 must be: <ul style="list-style-type: none"> * Water. * 100% fruit or vegetable juice with no added sweeteners and containing no more than 120 calories per 8 oz. * Unflavored low-fat or fat-free milk or nutritionally equivalent milk alternative. * Flavored low-fat or fat-free milk or nutritionally equivalent milk alternative containing no more than 150 calories per 8 oz. * No or low-calorie beverages with no more than 10 calories per 8 oz. * Beverages that contain no more than 66 calories per 8 oz, in packages no larger than 12 oz. * Maximum portion size for beverages (except no/low calorie beverages and water) is 12 oz.
<p>Pennsylvania</p>	<p>USDA Regulations.^A In addition, the state provides a supplemental reimbursement incentive for schools that adopt and implement recommended nutrition standards for foods</p>

	<p>some cheeses) must have no more than 30% calories from fat, less than 10% calories from saturated fat, no more than ~1% calories from trans fat, and no more than 35% added sugars by weight.</p>
South Dakota	<p>USDA Regulations^A</p>
Tennessee	<p>Requires the following minimum nutrition standards for individual food items offered for sale to students in grades pre-kindergarten through eighth grade, anywhere on campus, during the school day:</p>
Tennessee [cont.]	<p>* Beverages may only include milk (flavored or unflavored; reduced-fat, low-fat or fat-free milk; USDA approved alternative dairy beverages); 100% fruit and vegetable juices; water that is non-flavored, non-sweetened, and non-carbonated; and low-calorie beverages (includes flavored, sweetened, and non-carbonated beverages containing no additional caloric sweeteners and no more than 15 calories/serving).</p> <p>* Food items must have 35% or less calories from fat (excluding nuts, seeds and nut butters), 10% or less calories from saturated fat, and 35% or less sugars by weight (not including fruits and vegetables).</p> <p>* Chips, cereals, crackers, French fries, baked goods, and other snack items may contain no more than 230 mg of sodium/serving; pastas, meats, and soups may contain no more than 480 mg per serving; and pizza, sandwiches, and main dishes may contain no more than 600 mg of sodium.</p> <p>* Limits portion sizes for foods and beverages (except for fruits and vegetables).</p>
Texas	<p><u>All grade levels:</u></p> <p>* There are nutrition standards for the whole campus, whole school day.</p> <p>* There are specific portion size and fat and/or sugars standards for a number of snacks and beverages.</p> <p>* Flavored whole, 2%, 1% and fat-free milks can be sold; may contain no more than 30 g total sugars per 8 oz serving; 8 oz maximum portion for whole milk and 16 oz for other milks.</p> <p>* Fruits and vegetables (preferably fresh) must be offered daily at all points of service.</p> <p>* Individual food items may not contain more than 23 g of fat/serving with the exception of one item per week (that item cannot exceed 28 g of fat/serving).</p> <p>* Must eliminate frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods.</p> <p>* Beginning with the 2007-08 school year, all schools should reduce the purchase of products containing trans fat. Trans fat information must be requested in all product specifications.</p>

Texas
[cont.]

Elementary schools:

* FMNV, carbonated beverages, candy or any food or beverage that is not provided by the school food service are not permitted, anywhere on campus until the end of the last scheduled class.

* All beverages served should be milk, unflavored water, or 100% fruit and/or vegetable juices. No sports drinks may be served or sold.

* French fries and other previously fried potato products may not exceed 3 ounces and are limited to one day/week. Potato products must be baked for on-site preparation.

* Foods otherwise restricted by the policy are permitted at student birthday parties. Policy recommends parties be scheduled after the end of the class's lunch period.

* Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack (homemade or prepackaged) must comply with the fat and sugar limits, must be single size servings and may not contain any FMNV or consist of candy or dessert-type items.

* No food or beverage fundraising is allowed anywhere on the school campus until after the end of the last scheduled class.

Middle schools:

* No foods can be sold other than by school food service from 30 minutes before to 30 minutes after the meal periods.

* FMNV, candy, and carbonated beverages may not be sold anywhere on campus until after the end of the last scheduled class.

* Beverages (other than milk and FMNV) with no more than 30 g sugars per 8 oz and in containers no larger than 12 oz can be sold (might include sports drink, fruit drinks, sweetened iced teas, etc.)

* French fries and other previously fried potato products may not exceed 3 ounces and may be served three times a week. Potato products must be baked for on-site preparation.

* No food or beverage fundraising is allowed anywhere on the school campus from 30 minutes before until 30 minutes after the meal periods. All foods and beverages sold for fundraising must comply with nutrition standards and portion size restrictions of the policy.

High Schools:

* No foods can be sold other than by school food service during meal periods in the areas where school meals are served and eaten.

* By the school year 2009-10, FMNV, candy, and carbonated beverages may not be sold anywhere on campus until after the end of the last scheduled class.

*During school year 2007-08, no more than 30% of beverages in vending machines or other service points are allowed to be sugared, carbonated soft drinks. These

Texas [cont.]	<p>drinks are limited to no more than 12 oz per serving. In school year 2008-09, this decreases to 15% of vending machine slots or other service points.</p> <p>* Beverages (other than milk and FMNV) with no more than 30 g sugars per 8 oz and in containers no larger than 12 oz can be sold (could include sports drink, fruit drinks, sweetened iced teas, etc.)</p> <p>* French fries and previously fried potato products may not exceed 3 ounces and may only be purchased one serving at a time. Potato products must be baked for on-site preparation.</p> <p>* No food or beverage fundraising is allowed during meal periods in areas where reimbursable meals are served or consumed. All foods and beverages sold for fundraising must comply with nutrition standards and portion size restrictions of the policy.</p>
Utah	USDA Regulations ^A
Vermont	USDA Regulations ^A
Virginia	<p>All foods and beverages sold in all Virginia schools during meal periods, on the whole campus, must either be a recognized component of the food-based meal pattern or must not be a FMNV. Iced/hot coffee or tea may not be sold to students. Non-carbonated water may be sold.</p>
Washington	<p>By 2010, schools shall provide only healthy foods and beverages (as described below) during school hours or for school-sponsored activities on school campuses. Standards apply to all school foods and beverages available outside of USDA meal programs:</p> <p>* No more than 35% of total calories from fat. Does not apply to nuts, nut butters, seeds, eggs, fresh and dried fruits, vegetables that have not been deep-fried, legumes, reduced-fat or part-skim cheeses, and non-fat or low-fat dairy products.</p> <p>* No more than 10% of total calories from saturated fat. Does not apply to eggs, reduced-fat or part-skim cheeses, and non-fat or low-fat dairy products.</p> <p>* No more than 35% total weight or 15 g per food item of sugars, including naturally occurring and added sugars. Standard does not apply to fresh or dried fruits and vegetables that have not been deep-fried.</p> <p>* Standards do not apply to low-fat or nonfat flavored milk with up to 30 g of sugars per serving, nonfat or low-fat rice or soy beverages, or 100% fruit or vegetable juice.</p>
West Virginia	<p>* Only meal components may be sold as a la carte for breakfast. Only fluid milk, milkshakes and bottled water (100% natural spring water containing no additives) may be served as a la carte items during lunch for all grades.</p> <p>* No food may be sold outside school meals in elementary</p>

<p>West Virginia (cont.)</p>	<p>schools until 20 minutes after all students are served lunch.</p> <p><u>Beverages:</u></p> <ul style="list-style-type: none"> * County boards may permit the sale of soft drinks in county high schools except during breakfast and lunch periods as follows: <ul style="list-style-type: none"> * Soft drinks may not be sold in elementary schools through vending machines, school stores, canteens or fundraisers. * In middle schools, only water, 100% fruit and vegetable juice and low-fat milk may be sold through vending machines, school canteens, fundraising, or by any other means. * In high schools selling soft drinks during the school day, 50% of beverages offered for sale must be water, 100% fruit and vegetable juice and low-fat milk. <p><u>All foods sold outside of the meal program during the school day must:</u></p> <ul style="list-style-type: none"> * Not be candy, chewing gum, or flavored ice bars. * Contain no more than 40% sugars by weight. * Have no more than 8 grams of fat per one ounce serving or, must have no more than 30% of calories from fat and no more than 10% of calories from saturated fat.
<p>Wisconsin</p>	<p>USDA Regulations^A</p>
<p>Wyoming</p>	<p>USDA Regulations^A</p>