

## STUDENT NUTRITION GUIDELINES

The following nutritional guidelines apply to all students PreK-12 within the School District of Beloit where the National School Breakfast (NSBP) and National School Lunch Programs (NSLP) are held. The food service program for students residing in grades PreK through 12 shall comply with all state and federal regulations. School administration is required to ensure that each school complies with this policy.

### Water Consumption

Encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to students needs for water during the periods of hot weather. School administrators may want to authorize students to carry water bottles during the school day using the suggested water bottle policy shown below. Teachers may need to call for extra water breaks as well. Even during periods of moderate temperature, staff members should remind students of the value of consuming water.

Water sales should be a significant option through school vending and concession areas. In addition, water must be available during mealtimes, at least through water fountains.

### Water Bottle Policy

Each site shall determine when students may bring water bottles for use during school and establish a policy for whether or not bottles may be refilled during school time.

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should, on a regular basis, be recycled, discarded, or taken home for sanitized reuse.
- Students misusing water bottles will be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the IMC.

All meals sold in schools must meet the standards for calories, fat, sugar and sodium.

Foods must also:

1. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient or be one of the non-grain main food groups: a fruit, vegetable, dairy product, protein food OR
2. Contain 10% of the daily value of naturally occurring calcium, potassium, vitamin D or dietary fiber OR
3. Be a combination food that contains at least ¼ cup of fruit or vegetable.

### Calorie Limits:

- Calories for non-NSLP/SBP snacks shall be 200 calories or less.

### Fat Limits:

- Fat content must be 35% of total calories (excludes nuts, seeds, nut butters and reduced fat cheeses).
- Trans Fat must be zero grams.
- Saturated Fat must be less than 10% of total calories.

Sugar Limits:

- Foods must contain less than 35% from total sugars, or less than 35% of sugar by weight. (Excludes fresh, frozen, canned and dried fruits and vegetables with no added sugars unless the fruit is packed in 100% fruit juice or extra light syrup.
- Yogurt must contain less than 30 grams of total sugar per 8 ounces.

Additional Limits:

- Sodium shall be less than 200 mg for non NSBP/NSLP snack items and less than 480 mg for non-NSBP/NSLP entrées.
- Condiments and other accompaniments must be included as part of the nutrient profile of the foods they complement.

Beverage Standards:

- Caffeine is not allowed in the elementary or intermediate schools.
- Coffee, Tea and electrolyte beverages are allowed at the high school level only.
- Juices must contain 100% fruit or vegetable juice.
- Milk will be promoted for sale during all meals.
- 1% Milk must be unflavored and an 8 ounce portion.
- Skim, lactose free and soy milks may be unflavored or flavored (only during lunch) and be an 8 ounce portion.
- Water is allowed at all levels.

Food service will be sensitive to the presence of dyes, sulfites, MSG and other additives to foods by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

According to federal law, no foods or beverages shall be sold to students on the school campus during the school day, other than those meals served under the NSBP/NSLP.

Foods of Minimal Nutritional Value are prohibited and may not be sold from midnight until half an hour after the school day ends.

- Soda (non-diet)
- Water Ices (sloshes unless they contain 100% pure juice)
- Hard candy
- Gummy fruit snacks
- Marshmallow type candy
- Taffy or fondant
- Licorice
- Cotton candy
- Candy coated popcorn

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