

Aberdeen School District  
Nutritional Standards and Procedures

## **Nutritional Guidelines**

All food distributed to students on District property before, during and immediately following the regular school day shall meet the nutritional guidelines set forth below. The school principal or designee shall assure compliance with established standards governing all food distribution that are not within the school foodservice facilities.

### Beverage Guidelines

The following beverages may be sold or served at elementary schools

- 100% fruit or vegetable juices that do not contain added sweeteners in 8-ounce servings or smaller.
- Water or seltzer, including flavored waters that contain natural flavoring or 100% fruit juice. Portion sizes for water are not limited
- 1% or fat-free milk, white or flavored, in 8-ounce servings or smaller.

The following beverages may be sold or served at secondary schools:

- 100% fruit or vegetable juice that do not contain added sweeteners in 12-ounce servings or smaller.
- Water or seltzer, including flavored waters that contain natural flavoring or 100% fruit juice. Portion sizes for water are not limited.
- One percent or fat free milk, white or flavored, in 14-ounce servings or smaller.
- Smoothies made with unsweetened fresh and frozen fruits, vegetables, water, seltzer, low-fat plain and flavored yogurt and milk. Portion sizes for smoothies must be 12 ounces or less.

The following beverages do not meet the nutritional guidelines:

- Soft drinks
- Sports drinks
- Energy drinks
- Beverages containing caffeine

### Food and Snack Item Guidelines

Food and snack items will meet the following guidelines:

- Under 225 calories per unit/package, unless the item is a meal replacement bar
- Have 35 percent or less of its total calories from fat (with the exception of nuts or seeds)
- Have 35 percent or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables and dairy products

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## **Sales of Food**

### Operation of Vending Machines, Student Stores, A La Carte, and Fundraisers

1. All foods and beverages available to students before, during and immediately after the regular school day in district schools and facilities will meet the nutritional guidelines outlined above. Sales of food must meet the nutritional guidelines by the start of the 2006-07 school year in elementary schools and the junior high school. Sales of food must meet the district nutritional guidelines by the beginning of the 2007-08 school year in high schools.
2. Sales of competitive foods and beverages are permitted during the time when the school breakfast and lunch programs are serving food.
3. All beverages, except milk, shall be priced higher than the price for bottled water for the same size serving.
4. Sales of food for home consumption need not comply with the district guidelines but sales of fruit, nuts and other nutritious food items, as well as non-food items, is encouraged.
5. Sales of food at events (i.e. concessions) outside the regular school day are encouraged to provide foods that comply with the nutrition guidelines.

## **Foods Served in Schools**

### Foods Served (but not for sale) in the Classroom and at On-Site Activities

1. Food served at school or in classrooms (including parties, rewards and incentives) during the regular school day must meet the nutritional guidelines above.
2. School run events outside the regular school day are encouraged to offer foods that comply with the nutritional guidelines.
3. Foods used as part of an educational experience related to social studies, science, nutrition, or other curriculum will be allowed, but small portions are recommended.
4. Culinary arts courses may deviate from the guidelines, but are encouraged to prepare and serve healthy foods. Nutrition education shall be a component of all culinary arts courses.