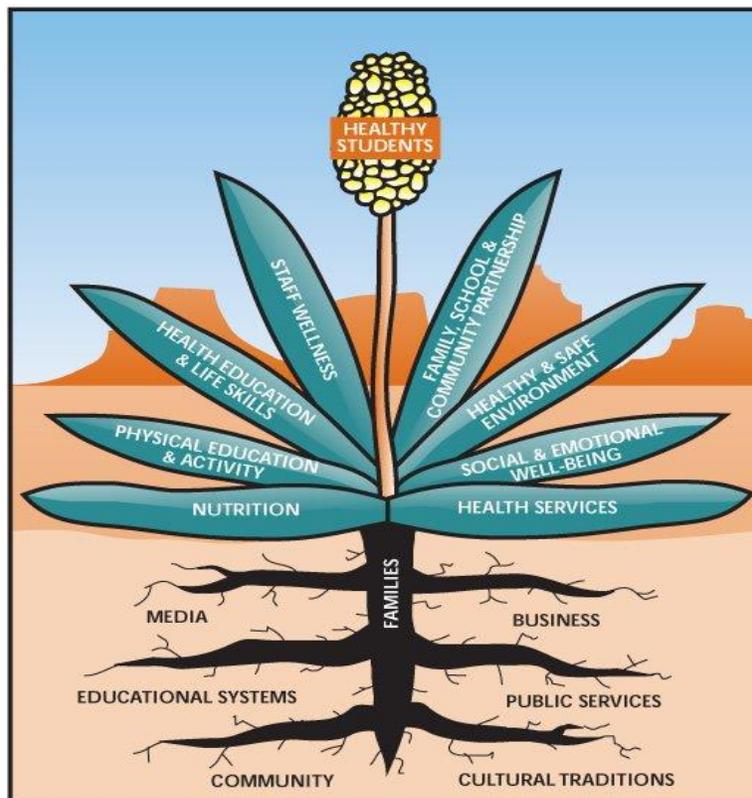


MAGDALENA MUNICIPAL SCHOOL DISTRICT

WELLNESS POLICY

HEALTHIER SCHOOLS - NEW MEXICO

A Model of Coordinated School Health



Healthy students make better learners. Better learners make better communities

January 27, 2009

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MAGDALENA MUNICIPAL SCHOOL DISTRICT

WELLNESS POLICY

The Magdalena School District's motto is "Students are our number one priority." The Magdalena Municipal Schools recognizes that student wellness and proper nutrition are related to students' physical well being, growth, development, and readiness to learn. Developing a comprehensive school district wellness policy is essential to the academic success and lifelong well being of students in New Mexico. Healthy students make better learners, and better learners make better communities.

The Magdalena Schools Board of Education is committed to providing healthy school environments that promote student wellness, nutritious foods and beverages, physical education, nutrition education, and regular physical activity as part of the total learning experience. A healthy school environment provides students with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating, physical activity and other health-promoting behaviors that can improve student achievement. We also recognize that a true wellness environment is one in which we celebrate and support our diverse cultures.

Wellness policy goals shall be considered and supported in planning all school-based activities (such as advertising of foods and beverages, school events, celebrations, field trips, and assemblies) in order to provide consistent wellness messages conducive to healthy eating and physical activity.

At Magdalena Schools we are committed to wellness policies to the extent that we are able while keeping in mind that we also have fiscal responsibility to provide for all of the school district's needs and to focus on meeting AYP.

Components of this Procedural Directive include:

- Family, School & Community Involvement
- Nutrition
- Nutrition Education
- Physical Activity and Physical Education
- Health Education / *and Life Skills*
- Behavioral Health / *Social and Emotional well Being*
- School Safety plan / *Healthy and Safe Environment*
- Health Services
- Staff Wellness
- Other School-Based Activities Designed to Promote Student Wellness
- Measuring, Implementation & Evaluation Plan

Legal Reference: 6.30.2 NMAC

Addenda: Nutrition Rule and Nutrition Rule Grid

MAGDALENA MUNICIPAL SCHOOL DISTRICT

WELLNESS POLICY

Family, School & Community Involvement

Definition:

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district School Health Advisory Council that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.

Goal:

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.

Position / Activities:

The district has established a School Health Advisory Council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), community member(s), and a representative from each of the components of the coordinated school health program.

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, school health services and social services staff; school administrators, school board members; health professionals, and the general public. To the extent possible, the DWC will include representatives from each school level and reflect the diversity of the community.

Leadership

Name	Title	Email address	Role
Kim Lopez, RN	School Nurse	kim.lopez@magdalena.k12.nm.us	Lead
Shannon Mounyo	Lead Teacher	smounyo@magdalena.k12.nm.us	member
Dorothy Zamora	Financial Manager	dzamora@magdalena.k12.nm.us	member
Consuelo Candelaria	Teacher/parent	ccandelaria@magdalena.k12.nm.us	member
Jory Mirabal	Athletic Director	jmirabal@magdalena.k12.nm.us	member
Jennifer Armstrong	Teacher	jarmstrong@magdalena.k12.nm.us	member

The Superintendent or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Components of Coordinated School Health:

Nutrition; Physical Activity & Education; Health Education & Life Skill; Staff Wellness; Family, School & Community Partnerships; Health & Safe Environment; Social & Emotional Well-being; and Health Services.

The Magdalena School Health Advisory Council shall have the responsibility to make recommendations to the Board of Education in the development, revision, implementation, monitoring and evaluation of the school district wellness policy.

The School Health Advisory Council shall meet for this purpose a minimum of two times annually, and report to the board of education a minimum of one time per year.

The School Health Advisory Council shall be responsible for the following:

- Create guidelines to provide physical activity opportunities to students, before, during and/or after school.
- Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school-sponsored fundraisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
- Create guidelines for a planned, sequential K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
- Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well being.
- Create a school safety plan at each school building focused on supporting healthy and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response.
- Create a plan addressing the health services needs of students in the educational process.
- Create a plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.
- Create a plan for measuring implementation and evaluation of the wellness policy.
- Designate one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy. In APS, a District Wellness Coordinator will assist in the implementation, integration, evaluation, and coordination of school wellness policies and programs.
- Review contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of little nutritional value.
- Increase community awareness of student health needs.
- Partner with community to support policies and programs.

- The SHAC will develop and submit a wellness policy implementation plan.
- The MMSD School Wellness Policy shall be available on the school website

Nutrition

Definition:

Nutrition means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students. Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well being, obesity prevention and the ability to resist disease.

Goal:

The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school policies that provide adequate nutrition opportunities.

Position / Activities:

- All foods and beverages made available through vending machines, a la carte, student stores, food vendors, snack bars, and school-sponsored fundraisers before, during and after normal school hours shall minimally meet nutrition standards set forth in Subsections A, B and C in the New Mexico Public Education Department's Competitive Foods Nutrition Regulations (6.12.5.8 NMAC). See Addenda: Nutrition Rule and Nutrition Rule Grid.

MAGDALENA MUNICIPAL SCHOOL DISTRICT

WELLNESS POLICY

- Foods and beverages sold or served in the school meal programs shall be in compliance with the Dietary Guidelines for Americans and the USDA regulations for the National School Lunch and Breakfast Programs set forth under the 7 CFR Part 210 and Part 220, and are supervised by the NM Student Nutrition Bureau of the NM Public Education Department.

Nutrition Education

Definition:

Nutrition Education aims to teach, encourage and support healthy eating by students.

Goal:

To develop a policy ensuring nutrition education is provided in Magdalena Municipal Schools in order to positively influence students' eating behaviors and to assist them in developing lifelong healthy eating habits.

Position / Activities:

Magdalena School Board supports Nutrition Education activities that are:

- Sequential and interdisciplinary
- Age appropriate and provides students the skills needed to choose foods that support the development of healthy bodies;
- Aligned with the NM health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC;
- Supportive of the positive nutrition environment referenced in the student nutrition policy.

Physical Activity and Physical Education

Definition:

Physical activity means body movement of any type that includes recreational, fitness and sport activities. Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity.

Physical education is one source, but should not be the only source of physical activity before, during and/or after school.

Goal:

The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

Position / Activities:

- Magdalena Schools will encourage and offer opportunities for all students to participate in before, during and/or after school physical activity programs outside of physical education programs (i.e., 10-minute “brain breaks” integrated into curriculum, recess, intramurals, clubs, and at the secondary level, interscholastic athletics etc.).
- Those opportunities will offer diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature.
- Magdalena Schools will provide education on the health benefits of physical activity that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
- Magdalena Schools will provide equipment and space for physical activity after lunch for each grade.

Health Education / and Life Skills

Definition:

Health Education means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health related behaviors.

Goal / Policy:

The goal of health education within the coordinated school health approach is to provide students with increasingly sophisticated health related knowledge, attitudes, skills and practices.

Position / Activities:

Magdalena School Board supports Health Education activities that are:

- Sequential and interdisciplinary
- Age appropriate and provides students the skills needed to maintain and improve their health, prevent disease, and reduce health related behaviors.
- Aligned with the NM health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC
- Supportive of the positive health environment referenced in the student wellness policy.

Behavioral Health / Social and Emotional Well Being

Definition:

Social and Emotional well being means services provided to maintain and / or improve student's mental, emotional, behavioral and social health.

Goal / Policy

Magdalena Schools supports collaboration with students, parents, staff and the community to influence student success by building awareness and promoting strategies to maintain and/ or improve student mental health.

Position / Activities

- Magdalena Schools will continue to fund staff in the position of counselors, social workers and school psychologists when funding is available. These staff members give both direct services and are available for consultation. (See also: Health Services)
- The schools will continue to support our mental health professionals in their efforts to coordinate with outside agencies such as MCH, Socorro DWI, Alamo Navajo Behavioral Health, and our Behavioral Health Team.

School Safety plan / Healthy and Safe Environment

Definition:

Healthy and safe environment means the physical and esthetic surroundings and the psychosocial climate and culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

Goal / Policy

Magdalena Schools support the goal of a healthy and safe environment to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that assures academic achievement.

Position / Activities

- Magdalena Schools has a District wide School Safety Plan that supports a healthy and safe environment and that includes attention to prevention, policies and procedures and emergency response plans.
- Magdalena Schools perform at least 12 emergency drills per year that consist of 9 fire drills, 2 shelter in place drills, and 1 evacuation drill.
- Magdalena Schools have utilized an extensive recovery plan (as in the case of the accidental death of one of our teachers) and will continue to utilize this important aspect of a healthy and safe environment on the future.
- All schools abide by district policy that creates an environment free of tobacco, alcohol and other drugs.
- Personnel strive to ensure that all school buildings and grounds, structures, busses and equipment meet current safety standards and are kept inviting, clean, safe, and in good repair.

Health Services

Definition:

Health services means services provided for students to apprise, protect and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both, foster appropriate use of primary health care services and behavioral health services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment and provide educational and counseling opportunities for promoting and maintaining individual, family and community health.

Goal / Policy

Magdalena Schools support the goal of providing coordinated, accessible health and mental health services for students, families and staff

Position / Activities

- Magdalena Schools has a full time registered nurse on site to provide health services to students and staff members. There are also Occupational Therapy, Speech and Language Pathology, and Physical Therapy professionals providing services at the schools and this will continue as long as there is funding available. (See also Behavioral Health)
- Magdalena School health services provide a linkage to school and community health resources (e.g., primary care, public health, community health agencies and faith based groups, etc.).
- Magdalena School health services include but are not limited to preventive services, behavioral health services, screenings and referrals; evaluations and assessments; first aid and emergency care; follow-up care; school safety; health education and ancillary services (e.g., speech therapy or physical therapy and or occupational therapy).
- Magdalena School health services are provided in partnership with students, parents, staff and communities.

Staff Wellness

Definition:

Staff wellness means opportunities for school staff to improve their health status through activities such as health assessments, health education, and health related fitness activities. ...

Goal / Policy;

Magdalena Schools support and promote activities for staff that are designed to promote the physical, emotional, and mental health of school employees as well as to prevent disease and disability. Magdalena Schools complies with the Americans with disabilities Act, Part 3

Position / Activities:

- The Magdalena School District has a nurse's office that is available to all staff. Staff is encouraged to utilize the services available including assessments, prevention activities, coordination with local primary caregivers and mental health providers, and health education.
- Magdalena School District has a break room reserved for staff that was recently remodeled
- Flu shots are offered yearly at school for staff depending on the availability of vaccine

- Magdalena Schools has a Bloodborne Pathogen Program. All staff members are required to participate. The program includes the offer of free Hepatitis B immunizations.
- The Magdalena School District makes its facilities (such as weight room) available for all staff

Other School-Based Activities Designed to Promote Student Wellness

Wellness policy goals shall be considered and supported in planning all school-based activities (such as advertising of foods and beverages, school events, celebrations, field trips, and assemblies) in order to provide consistent wellness messages conducive to healthy eating and physical activity.

Plan for measuring implementation and evaluation

The district School Health Advisory Council shall assist school district leaders with general oversight, planning evaluation, and periodic revisions of all aspects of the district's school health program. Magdalena Schools will submit required monitoring and evaluation documentation to the district and the Public Education Department, as requested.

The school Superintendent is charged with operational responsibility for ensuring that the schools fulfill the district's wellness policy.

Addendum

TITLE 6 PRIMARY AND SECONDARY EDUCATION
CHAPTER 12 PUBLIC SCHOOL ADMINISTRATION - HEALTH AND SAFETY
PART 5 NUTRITION: COMPETITIVE FOOD SALES

- 6.12.5.1 ISSUING AGENCY:** Public Education Department
 [6.12.5.1 NMAC - N, 02-28-06]
- 6.12.5.2 SCOPE:** This rule applies to public schools in New Mexico unless otherwise expressly limited. [6.12.5.2 NMAC - N, 02-28-06]
- 6.12.5.3 STATUTORY AUTHORITY:** This rule is adopted pursuant to Sections 22-2-1 and 9-24-8, NMSA 1978. [6.12.5.3 NMAC - N, 02-28-06]
- 6.12.5.4 DURATION:** Permanent [6.12.5.4 NMAC - N, 02-28-06]
- 6.12.5.5 EFFECTIVE DATE:** February 28, 2006, unless a later date is cited at the end of a section. [6.12.5.5 NMAC - N, 02-28-06]
- 6.21.5.6 OBJECTIVE:** This rule addresses the sale of competitive food sold to children attending public schools in New Mexico. [6.12.5.6 NMAC - N, 02-28-06]
- 6.12.5.7 DEFINITIONS:**
- A. "A la carte" means a beverage or food product sold in schools to students during the lunch period that is not part of the United States department of agriculture school meal program.
 - B. "Competitive food" means a food or beverage sold at school other than one served as part of the United States department of agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts.
 - C. "Fund raisers" means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or as part of the United States department of agriculture school meal program.
 - D. "Vended beverages and foods" means a beverage or food product sold in vending machines to students in schools. [6.12.5.7 NMAC - N, 02-28-06]
- 6.12.5.8 REQUIREMENTS FOR COMPETITIVE FOODS SOLD TO STUDENTS:**
- A. Vended foods and beverages:
 - 1) Elementary schools:
 - (a) Beverages sold in vending machines to students in elementary schools shall only be sold after the last lunch period is completed and shall only include:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk; and
 - (iii) water.
 - (b) Carbonated beverages shall not be sold in vending machines to students in elementary schools.
 - (c) Food products shall not be sold in vending machines to students in elementary schools.
 - 2) Middle schools:
 - (a) Beverages sold in vending machines to students in middle schools shall only include:
 - (i) milk with a fat content of two percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) 100 percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.
 - (b) Carbonated beverages shall not be sold in vending machines to students in middle schools.
 - (c) Food products sold in vending machines to students in middle schools are subject to the following requirements:
 - (i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in middle schools at any time and are not subject to the restrictions in item (ii) of this subparagraph

- (ii) Food products other than those listed in item (i) of this subparagraph shall only be sold after the last lunch period is completed and are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per package or amount served.

3) High schools:

- (a) Beverages sold in vending machines to students in high schools at any time shall only include:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
- (b) Beverages sold in vending machines to students in high schools after the last lunch period is completed shall only include the items in subparagraph (a) and:
 - (i) carbonated soft drinks that are both sugar free and caffeine free;
 - (ii) non-carbonated flavored water with no added sweeteners; and
 - (iii) sports drinks.
- (c) Food products sold in vending machines to students in high schools may be sold at any time subject to the following requirements:
 - (i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in high schools at any time and are not subject to the restrictions in item (ii) of this subparagraph.
 - (ii) Food products other than those listed in item (i) of this subparagraph are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

B. A la Carte offerings must meet the following requirements:

- 1) Beverages sold in a la carte offerings may only be sold during lunch period and shall only include:
 - (a) Elementary schools:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk; and
 - (iii) water.
 - (b) Middle schools:
 - (i) milk with a fat content of two percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) 100 percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.
 - (c) High schools:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
- 2) Carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be sold in a la carte offerings
- 3) Food products sold in a la carte offerings may only be sold during lunch and are subject to the following requirements:
 - (a) Nuts, seeds, cheese, yogurt, and fruit are not subject to the restrictions in subparagraph (b) of this paragraph.
 - (b) Food products other than those listed in subparagraph (a) of this paragraph are subject to the following restrictions:
 - (i) shall contain no more than 400 calories per container or per package or amount served; and
 - (ii) shall contain no more than 16 grams of fat per container or per package or amount served, of which no more than 2 grams come from saturated and

- trans fats combined; and
 (iii) shall contain no more than 30 grams of total sugar per package or amount served.

C. Fund raisers:

- 1) Beverages and food products may be sold as fund raisers at any time during normal school hours except during the lunch period and are subject to the following requirements and limitations:
 - (a) Elementary schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; and water. Carbonated beverages shall not be sold.
 - (ii) Food products shall not be sold as fundraisers to students in elementary schools.
 - (b) Middle schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; water; and one hundred percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces. Carbonated beverages shall not be sold.
 - (ii) Food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.
 - (c) High schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less, soy milk, water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
 - (ii) Food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.
- 2) Beverages and food products may be sold as fund raisers outside of normal school hours provided that at least 50 per cent of the offerings meet the following requirements
 - (a) Beverages: milk with a fat content of 2 percent or less; soy milk, water and juice That is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
 - (b) Food products:** nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

Addendum

COMPETITIVE FOOD SALES GRID

“Competitive Food” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

Vended Beverages and Foods			
“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools.			
Vended	Elementary	Middle	High
Beverages	<u>Allow after the last lunch period:</u>	<u>Allow any time:</u>	<u>Allow any time:</u>
	Milk 2% or less Soy milk Water	Milk 2% or less Soy milk Water 100% fruit juice that has: no added sweeteners no more than 125 calories/container and a serving size not to exceed 20 oz.	Milk 2% or less Soy milk Water At least 50% fruit juice that has: no added sweeteners no more than 125 calories/container and a serving size not to exceed 20 oz.
	No Carbonated Drinks	No Carbonated Drinks	<u>Allow after the last lunch period:</u> Sugar free/Caffeine free soft drinks (must be both) Non-carbonated flavored water with no added sweeteners Sports drinks

Vended	Elementary	Middle	High
Foods	NONE	<p align="center"><u>Allow after the last lunch period*</u></p> <p>Foods meeting the following guidelines:</p> <p>No more than 200 calories per container or per package or amount served, and</p> <p>No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</p> <p>No more than 15 grams of sugar per container or per package or amount served</p> <p>*with the exception of nuts, seeds, cheese, yogurt, and fruit</p>	<p align="center"><u>Allow any time*</u></p> <p>Foods meeting the following guidelines:</p> <p>No more than 200 calories per container or per package or amount served, and</p> <p>No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</p> <p>No more than 15 grams of sugar per container or per package or amount served</p> <p>*with the exception of nuts, seeds, cheese, yogurt, and fruit</p>

A La Carte

“A la carte” means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture school meal program. (A foodservice function only during lunch period)

A La Carte	Elementary	Middle	High
Beverages	<p style="text-align: center;"><u>Allow only during lunch period:</u></p> <p>Milk 2% or less Soy milk Water</p> <p style="text-align: center;">No Carbonated Drinks</p>	<p style="text-align: center;"><u>Allow only during lunch period:</u></p> <p>Milk 2% or less Soy milk Water</p> <p>100% fruit juice that has: no added sweeteners no more than 125 calories/container and a serving size not to exceed 20 oz.</p> <p style="text-align: center;">No Carbonated Drinks</p>	<p style="text-align: center;"><u>Allow only during lunch period:</u></p> <p>Milk 2% or less Soy milk Water</p> <p>At least 50% fruit juice that has: no added sweeteners no more than 125 calories/container and Serving size not to exceed 20 oz</p> <p style="text-align: center;">No Carbonated Drinks</p>
A La Carte Foods	<p>Foods products sold in Elementary, Middle and High School only during the lunch period as a la carte sales must meet the following guidelines: *</p> <p>No more than 400 calories per container or per package or amount served; and</p> <p style="padding-left: 40px;">No more than 16 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served and</p> <p style="padding-left: 40px;">No more than 30 grams of total sugar per container or per package or amount served.</p> <p>*with the exception of nuts, seeds, cheese, yogurt, and fruit:</p>		

Fund Raisers			
“Fund Raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or part of the United States Department of Agriculture school meal program.			
Fund Raisers	Elementary	Middle	High
	Beverages Allowed as fund raiser except during lunch period: Milk 2% or less Soy milk Water No Carbonated Drinks	Beverages Allowed as fund raiser except during lunch period: Milk 2% or less Soy milk Water 100% fruit juice that has: no added sweeteners no more than 125 calories/container and a serving size not to exceed 20 oz. No Carbonated Drinks	Beverages Allowed as fund raiser except during lunch period: Milk 2% or less Soy milk Water At least 50% fruit juice that has: no added sweeteners no more than 125 calories/container and a serving size not to exceed 20 oz. No Carbonated Drinks
During Normal School Hours			
Beverages			
Fund Raisers	Elementary	Middle	High
	None	Allowed as fund raiser except during lunch period: Foods meeting the following guidelines: * No more than 200 calories per container or per package or amount served, and No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and No more than 15 grams of sugar per container or per package or amount served *with the exception of nuts, seeds, cheese, yogurt, and fruit:	Allowed as fund raiser except during lunch period Foods meeting the following guidelines: * No more than 200 calories per container or per package or amount served, and No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and No more than 15 grams of sugar per container or per package or amount served *with the exception of nuts, seeds, cheese, yogurt, and fruit:
During Normal School Hours			
Foods			

<p>Fund Raisers</p> <p>Outside of Normal School Hours</p>	<p>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle and High Schools provided that at least 50 percent of the offerings meet the following requirements:</p>	
<p>Beverages:</p> <p>Milk 2% or less Soy milk Water</p> <p>At least 50% fruit juice that has: no added sweeteners</p> <p>no more that 125 calories/container and</p> <p>a serving size not to exceed 20 oz.</p>	<p>Foods: *</p> <p>No more than 200 calories per container or per package or amount served, and</p> <p>No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</p> <p>No more than 15 grams of sugar per container or per package or amount served</p> <p>*With the exception of nuts, seeds, cheese, yogurt, and fruit</p>	