Nutrition Guidelines for all Food & Beverages

UPDATED JUNE 2019
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1. Introduction

The SFUSD Nutrition Guidelines, developed by Student Nutrition Services (SNS) with input from child nutrition experts, describe the minimum standards for all foods and beverages, including the type and amount of fat, sodium, sugar, calories, and other nutrients and food qualities. SFUSD guidelines meet or exceed the standards outlined in federal, state, and local policies established by the US Department of Agriculture (USDA) and California Department of Education (CDE). Additionally, the guidelines adhere to the USDA’s Smart Snacks nutrition standards required by the Child Nutrition Reauthorization Act. In the event the federal or state nutrition standards are rolled back, the district’s nutrition guidelines will continue to retain the higher standards outlined below.

These guidelines have been updated as of June 2019 to provide more culturally relevant meals, more clearly define when certain guidelines apply, incorporate the most current available research and best practices around child health and nutrition, and also provide more guidance on foods and beverages for adults. Additionally, they have been updated to better align with the Good Food Purchasing Program, which prioritizes purchases in five value categories: nutrition, humane treatment of animals, fair and valued workforce, environmentally sustainable, and local.

How to Use These Guidelines

This document is intended to be a resource for SFUSD schools, families, and administration. The guidelines apply to all foods sold or served to students, staff and families on every PreK-12 campus and administrative building during the school day starting from midnight before to thirty minutes after the end of the regularly scheduled afterschool programs. This includes but is not limited to:

- À la carte service in the cafeteria
- After school programs
- Celebrations
- Classroom-based activities
- Donated food
- Field trips
- Fundraisers
- Rewards
- School meals
- School stores
- Snack bars and concession stands
- Snacks
- Staff and parent meeting
- Vending machines
Considerations

Culinary Programs

The nutrition guidelines shall not impact culinary education programs’ curriculum in schools. However, to the extent that such programs are selling or serving food to students on campus during the school day, the food must comply with the nutrition guidelines.

Outside Food Providers

In order to align all food that is provided to students on campus, any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day on school campus must be pre-approved in writing by SNS and must keep their own records as proof of compliance. For more information about the pre-approval process, visit sfusd.edu/bewell.

Use of District Funds

District funds can only be used to purchase foods and beverages that meet the nutrition guidelines.

Food for Personal Consumption

The nutrition guidelines do not apply to food or beverage items bought with non-SFUSD funds for personal consumption, such as a student or teacher’s personal lunch. However, all staff are encouraged to promote healthy school environments by being positive role models for healthy behaviors on school property and at school-sponsored meetings and events where students are present, including eating/drinking items that comply with the nutrition guidelines. Please see section 5 of this guide for recommendations for adults.

Fundraisers

The nutrition guidelines apply to all food-based fundraisers, including those that are advertised on school campus, but take place outside of the school day. For example, if a school advertises a pancake breakfast fundraiser that will occur on a Saturday, then the food sold at the pancake fundraiser must comply with the guidelines. California regulations prohibit advertising any food which does not comply with Smart Snack regulations. There are no limits on fundraisers that are not food-based.
2. Product Quality Standards

All food and beverages, including those from outside food sources and those served as part of federally funded child nutrition programs, must meet the quality standard listed below.

A. **Meat and Poultry.** All meat items will be clearly identified on all menus. Any breaded meat must be whole muscle. Meat shall be lean and not contain any fillers. Any cured, processed meat such as hot dogs and salami shall meet all applicable requirements for Food Safety and Quality standards for the product. Meat and poultry must meet the following grade standards:
   - a. Beef USDA A Choice or better
   - b. Fowl USDA A Grade A or B
   - c. Poultry Chicken (fryers) USDA A Grade A
   - d. Turkey USDA A Grade A

B. **Non-Therapeutic Antibiotic Use.** All poultry shall be raised without the use of non-therapeutic antibiotics; and meats certified “NAE” (No Antibiotics Ever) or “CRAU” (Certified Responsible Use of Antibiotics) shall be prioritized.

C. **Dairy Products.** All dairy products shall be USDA Grade A, where applicable. The following items shall not be used: Cold-pack cheese food, pasteurized processed cheese food, pasteurized cheese spread, and pasteurized processed cheese spreads and other cheese alternates. All milk shall be free of artificial rBST hormones.

D. **Fruits and Vegetables.** A variety of fruits and vegetables shall be served daily, and priority will be to serve fresh fruits and vegetables. All frozen fruits and vegetables shall be USDA Grade A Fancy. When possible, can lining should be BPA-free.

E. **Grains.** At least 50% of all grains offered weekly will be whole-grain rich.

F. **Processed Foods.** All processed foods shall contain no more than the minimum of sodium, fat, sugar, and/or other additives that are absolutely necessary for food preservation, safety, and palatability.

G. **Par-fried Foods.** No par-fried or fried potatoes or potato products will be served.

H. **Peanuts and Tree Nuts.** No peanut or tree nut products can be distributed to students or added to any food/beverages distributed to students.

I. **Fat and Sodium Levels.** Meals shall contain the lowest possible fat and sodium content possible while still providing a product with appealing flavor and texture. Meals will be aligned with USDA and CDE standards for fat and sodium. No more than thirty-five percent (35%) of the calories in any meal shall come from total fat, and no more than ten percent (10%) of calories in any meal shall be derived from saturated fats. Meals shall
meet or exceed the USDA Level 2 target levels for sodium, which is outlined in the chart below:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td>≤ 485 mg</td>
<td>≤ 935 mg</td>
</tr>
<tr>
<td>6-8</td>
<td>≤ 535 mg</td>
<td>≤ 1,035 mg</td>
</tr>
<tr>
<td>9-12</td>
<td>≤ 570 mg</td>
<td>≤ 1,080 mg</td>
</tr>
</tbody>
</table>

J. **Prohibited Additives.** All foods shall be free of the prohibited additives listed below:
   a. Those not on the USDA Generally Recognized As Safe (GRAS) list.
   b. Monosodium Glutamate (MSG)
   c. Sodium Bisulfate (Sulfite Compounds)
   d. Sodium Nitrate
   e. Sodium Nitrite
   f. Sodium Benzoate
   g. Artificial colors or flavors
   h. Added animal fats (lard) or by-products
   i. BHA & BHT
   j. Disodium dihydrogen-sodium EDTA
   k. Hydrogenated oils
   l. High-fructose corn syrup
   m. No artificial trans-fats
   n. Products containing: alcohol, beef tallow, tropical oils (coconut and palm)
3. Competitive Foods & Beverages Standards

Competitive Foods are defined by the CDE as any food not part of a federally reimbursable meal that is sold to students on school campus during the school day, including à la carte sales and fundraisers. As part of the SFUSD Wellness Policy, SFUSD follows more stringent guidelines and states that these standards also apply to any food that is given away to students on campus during the school day at no cost, such as during classroom parties. Therefore, any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day must comply with the following guidelines.

Compliant Foods - General Guidance

- Offer fruits, vegetables, low-fat dairy products, lean protein, or whole grain items, or contain one of these items as the first ingredient
- Cannot be served or sold at the same time as federally funded meal programs (school breakfast, lunch, supper, and/or snack)
- Low in total fat, particularly saturated fat, and free of trans-fat
- Low in sugar
- Low in sodium
- Free of any ingredient on the “Prohibited Additives” List
- Prioritize serving water

Snack Standards

To understand if a snack item (individually portioned single-serve foods such as chips, yogurt cups, and crackers) is compliant, compare the Nutrition Facts panel and the ingredient list on the package to the following chart*:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Standards for PreK - 12th grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>≤ 200 calories per container</td>
</tr>
<tr>
<td>Sugar</td>
<td>≤ 35% sugar by weight</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤ 200 mg</td>
</tr>
<tr>
<td>Fat</td>
<td>≤ 35% total calories from fat</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>≤ 10% of calories from saturated fat</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0 grams trans fat</td>
</tr>
</tbody>
</table>

*You may also use the online California Smart Snacks calculator to help determine whether or not a snack is compliant to serve or sell to students.
Entrée Standards

A competitive entrée (a main dish such as tacos, pizza, or sandwiches) may be sold or served at the middle or high school level. The standards which apply to entrées are:

- Sold or served to middle or high school students only
- Not sold or served at the same time as federally funded meal programs
- Must contain a fruit, vegetable, dairy, protein, or whole grain as the main ingredient

Follow the standards in the chart below:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Limit per Item (≤)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>350 calories</td>
</tr>
<tr>
<td>Sugar</td>
<td>35% sugar by weight</td>
</tr>
<tr>
<td>Sodium</td>
<td>480 mg</td>
</tr>
<tr>
<td>Fat</td>
<td>35% total calories from fat</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>10% of calories from saturated fat</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0 grams trans fat</td>
</tr>
</tbody>
</table>

Compliant Beverage Standards

The following beverages are allowed to be sold or served:

- Plain water
- Water with fruit or herbs added (spa water)
- Sparkling water
- Flavored water (high school level only), sparkling, or regular water with no added sweeteners or caffeine
- 1% or nonfat milk
- Non-dairy milk alternative, such as soy milk, that is nutritionally equivalent to cow’s milk

Prohibited Beverages (All Ages)

Sugar sweetened beverages will not be sold or served to SFUSD students, staff or families at any time on any district property. In addition, the following are not allowed for sale or service on SFUSD campuses:

- Caffeinated beverages
- Beverages that contain added sugars, including high-fructose corn syrup
• Beverages with artificial sweeteners
• 100% fruit juice
• Fruit drinks and punches
• Sports and energy drinks
• Soda

*Caffeinated, unsweetened tea and coffee is acceptable for adults*
4. School Meal Standards and Meal Patterns

School meals follow regulations set at the federal and state level. The regulations are based on the Dietary Guidelines for Americans, and all menus are designed to meet the nutritional needs of each specific age group. Therefore, an elementary student will see different portions than a middle or a high school student. Menus reflect the USDA MyPlate model which encourages the consumption of a variety of fruits and vegetables, plus lean protein, whole grains, and low-fat or fat-free milk.

A. Offer Versus Serve

Offer Versus Serve, or OVS, is a concept SFUSD has implemented where students are allowed to select the food that they would like to eat and decline certain items that they do not intend to consume. This practice gives students more freedom to choose what they want and also helps reduce food waste.

Students are never required to take a milk at any meal. If a student does not drink cow’s milk due to allergy or intolerance, the parent or guardian may complete a request form for a dairy-free alternative.

B. Breakfast

PreK-12

At breakfast, students are offered at least 4 food items from these food groups:

1. Grain (or protein item)
2. Fruit
3. Milk

Students are required to take at least 3 food items, one of which must be fruit. They may take two fruits, if they would like.

Early Education Stand-Alone Sites (PreK, TK, and School Age)

The EED breakfast menu must provide students:

1. Grain (or protein item)
2. Fruit
3. Milk

Students must select all three components to be considered a complete meal. Unflavored whole milk is provided to children until age one. 1% cow’s milk is provided to all other
students unless a substitution is required and requested in writing by a parent or guardian.

C. Lunch & Supper

**PreK-12**

At lunch and supper, students are offered:

1. Fruit
2. Vegetable
3. Grain
4. Meat or meat alternate (such as beans, cheese, yogurt, or eggs)
5. Milk

Students must take at least 3 out of the 5 different food groups, and they must take either a fruit or vegetable. Although not required, students may take all 5 food groups.

**Early Education Stand-Alone Sites (PreK, TK, and School Age)**

The lunch menu must provide:

1. Fruit (¼ cup for PreK and ½ cup for TK and school age)
2. Vegetable (¼ cup for PreK and ½ cup for TK and school age)
3. Grain (1 ounce for PreK and 2 ounces for TK and school age)
4. Meat or meat alternate (1.5 ounces for PreK and 2 ounces for TK and school age)
5. Milk (6 ounces for PreK and 8 ounces for TK and school age)

At a number of Early Education sites, students are served family style. Students at family style service are allowed to serve themselves what foods they would like to eat. An adult must be present to assist and encourage students to try new foods.

Menus offer non-choking hazard foods for all PreK students who are under four years of age. This means menus do not include foods that are round, hard, small, thick and sticky, smooth, or slippery. This includes hot dogs or sausages, whole grapes, grape or cherry tomatoes, seeds, dried fruit, raw baby carrots, or large chunks of meat.

D. Snack

The snack menu must provide students a combination of any two of the following items:

1. Fruit
2. Vegetable
3. Grain
4. Meat or meat alternate (such as beans, cheese, yogurt, or eggs)

5. Milk

Students must take both of the items that are served at snack time. Students may not decline any part of the snack.
5. Recommendations for Adult Foods

These recommendations are intended to both support the health and wellness of staff, partners, and families, and also demonstrate healthy behaviors to students. They are aligned to the Dietary Guidelines for Americans, the City of San Francisco’s Healthy and Sustainable Food Policy Nutrition Guidelines, the Good Food Purchasing Program, and the quality standards for foods provided to SFUSD students.

To the extent possible, any event intended for adults that is held on a SFUSD campus will:

- Prioritize serving a variety of fruits and vegetables, choose seasonal, locally-sourced items when available
- Provide a variety of nutrient-dense foods while limiting added fats, sugar, and salt.
- Serve condiments, sauces, and spreads on the side.
- Limit serving concentrated sweets, cakes, and candies and instead provide lighter dessert options including fruit, or bite-sized servings of regular desserts.
- Include vegetarian, plant-based, and low-meat options.
- Provide minimally processed foods that are free of any ingredient on the “Prohibited Additives” list.
- Offer steamed, broiled, baked, grilled, or stir-fried instead of deep-fried items.
- Prioritize serving whole grain options.
- Provide pitchers of water, unsweetened teas and coffee, naturally flavored still or sparkling water, low-fat and fat-free milk or soy milk as beverage options.

Specific Nutrition Goals to Aim For

<table>
<thead>
<tr>
<th>Fats</th>
<th>Carbohydrates</th>
<th>Proteins</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limit total fat intake between 20-35% of total calories.</td>
<td>Aim for 45-65% of calories from carbohydrate sources.</td>
<td>Aim for 10-25% of total calories from protein.</td>
<td>Aim for less than 240 milligrams of sodium for a snack item and less than 800 milligrams for an entrée.</td>
</tr>
<tr>
<td>Choose heart-healthy fat sources including fatty fish, nuts, or vegetable oils.</td>
<td>Focus on high-fiber fruits, vegetables, and whole grains.</td>
<td>Choose lean meats, poultry and plant sources of protein including nuts, tofu, beans, and seeds.</td>
<td>Choose low-sodium or salt-free options.</td>
</tr>
<tr>
<td>Do not serve items with trans-fats.</td>
<td>Limit sources of processed carbohydrates and added sweeteners.</td>
<td>Limit items high in saturated fat.</td>
<td>Use herbs, vinegar, and spices to flavor foods.</td>
</tr>
<tr>
<td>Serve baked alternatives.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Contact

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- twitter.com/sfusdschoolfood
- instagram.com/sfusdschoolfood

Check out Our Website and Blog

- sfusd.edu/en/nutrition-school-meals
- sfusdfuturedining.org/blog

Questions?

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