California Competitive Foods

Grades K-5

All foods and beverages **sold** to students from midnight until 30 minutes after the school bell must follow federal, state and district nutrition regulations. This includes:

- ✓ A la carte items
- ✓ Vending machines
- ✓ Snack bars
- ✓ In-school stores
- ✓ Fundraisers
- ✓ Any other food sold on campus from midnight until 30 min after the school bell

To qualify as a compliant SNACK or BEVERAGE:

- Snack must be a FRUIT, VEGGIE, DAIRY PRODUCT, PROTEIN, or WHOLE GRAIN item; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; and
- Must meet the nutrient standards for calories, sodium, sugar, and fats.
- Beverages must be labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Calories	200 cal
Sodium	200 mg
Total Fat*	35% of calories
Sat. Fat*	<10% of calories
Trans Fat	<0.5 g
Sugar*	35% by weight

**Exceptions allowed*

Juice
8 fl oz serving max
50% juice min
No added sweeteners

Milk
8 fl oz serving max
Unflavored: 1% or Nonfat
Flavored: Nonfat ONLY
25% DV calcium
28 g total sugar
Contains vitamins A & D

Water
Unsweetened
Any size

All beverages must be CAFFEINE-FREE

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California Competitive Foods

Grades 6-12

All foods and beverages **sold** to students from midnight until 30 minutes after the school bell must follow federal, state and district nutrition regulations. This includes:

- ✓ A la carte items
- ✓ Vending machines
- ✓ Snack bars
- ✓ In-school stores
- ✓ Fundraisers
- ✓ Any other food sold on campus from midnight until 30 min after the school bell

To qualify as a compliant SNACK:

- Snack must be a FRUIT, VEGGIE, DAIRY PRODUCT, PROTEIN, or WHOLE GRAIN item; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; and
- Must meet the nutrient standards for calories, sodium, sugar, and fats,

Calories	200 cal
Sodium	200 mg
Total Fat*	35% of calories
Sat. Fat*	<10% of calories
Trans Fat	<0.5 g
Sugar*	35% by weight

**Exceptions allowed*

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To qualify as a compliant ENTRÉE:

- Entrées sold that are NOT on the menu the day of or day after or any other entity must be a FRUIT, VEGGIE, DAIRY ITEM, PROTEIN or WHOLE GRAIN (or have one of these as the 1st ingredient); or
- Be a combination food with at least 1/4 cup of fruit and/or vegetable; and
- Must meet the nutrition standards for calories, sodium, sugar and fat.

Components (All Entrées)	M/MA and WG; or M/MA and F; or M/MA and V*; or M/MA**	**non-fried* ***cannot be a yogurt, cheese, nut/seed, or meat snack (must be a main dish)*

	Menu Entrée NOT Sold Day OF or Day AFTER	Menu Entrée Sold Day OF or Day AFTER
Calories	350 cal	400 cal
Sodium	480 mg	n/a
Total Fat	35% of calories	35% of calories
Sat. Fat	<10% of calories	n/a
Trans Fat	<0.5 g	<0.5 g
Sugar	35% by weight	n/a

To qualify as a compliant BEVERAGE:

- Beverages must me labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Milk	8 fl oz serving max Unflavored: 1% or Nonfat Flavored: Nonfat ONLY 25% DV calcium 28 g total sugar Contains vitamins A & D	Juice	12 fl oz serving max 50% juice min No added sweeteners
		Water	Unsweetened Any size

All beverages must be CAFFEINE-FREE

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