

**BUSINESS AND NONINSTRUCTIONAL OPERATIONS**

**AR 3551 Food Service/Child Nutrition Program**

Posting Requirements

Each program shall post the policies and regulations on nutrition and physical activity in public view within all eating areas.

Nutritional Standards

A minimum of 50% of the food sold by the County Office of Education on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085.

When the California Department of Education determines that funds are appropriated pursuant to Education Code 49431, the Superintendent or designee shall ensure that elementary schools instead comply with the following nutritional standards:

1. The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal. However, fruits, non-fried vegetables, legumes, beverages, dairy products or grain products may be sold as individual food items if:
  - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
  - b. Not more than 10 percent of the food item's total calories is from saturated fat.
  - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1 a-c above.

The following nutritional standards apply to all beverages provided in the food services program:

1. Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweeteners.
2. The only beverages that may be sold to middle school students from one-half hour before the start of the school day until after the end of the last lunch period are:

- a. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweeteners
- b. Drinking water
- c. Low-fat (1%) milk, including but not limited to non-fat flavored (chocolate) milk, soy milk, rice milk and other similar dairy or nondairy milk
- d. An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving

For schools participating in the National School Lunch and School Breakfast Programs, meals shall also meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8.

Students in all grades may decline a maximum of two menu items at lunch, provided they accept the entrée, and must select at least ½ cup of either a fruit or vegetable. Students may decline one menu item at breakfast.