

# Texas Public School Nutrition Policy Implementation Schedule

*“New policies are urgently needed to ensure that all foods and beverages available at schools are consistent with nutrition guidelines.”*

*Report by the Institute of Medicine, commissioned by the U.S. Department of Health and Human Services*

*“At the state level, the most comprehensive nutrition standards have been developed by West Virginia, California and Texas.”*

*Making It Happen: School Nutrition Success Stories, National Center for Chronic Disease Prevention and Health Promotion*

*“This is really the beginning of a major effort to modify childhood obesity at the level of the school systems.”*

*Robert H. Eckel, president of the American Heart Association, quoted by ABC News in response to the decision of the nation's largest beverage distributors to halt nearly all soda sales to public schools*

**Comments from a 2006 survey of Texas school administrators and child nutrition directors:**

*“Texas has always been ahead of the game, and being able to slowly adopt the changes made it easier. The students didn't have big changes to deal with and hardly noticed we no longer fry, offer fried chips, and other FMNV.”*

*“No longer frying foods initially caused disappointment among staff (we're known for our fried chicken!), but the truth is, the cafeteria staff has made up the difference with great tasting alternatives. Great things ARE happening, and admittedly, I was the biggest nay-sayer initially.”*

*“Teachers use more instructional incentives such as pencils, rulers, etc., rather than candy for incentives. This policy required teachers to think outside the box and do what is nutritionally best for students.”*

*“It is very encouraging to see students in the lunch line selecting healthier foods as well as hearing them tell what constitutes a balanced meal under TPSNP.”*

*“Fresh fruits and vegetables are available daily at the high school, and the kids can't get enough!”*

*“Since the new policy went into place we have started packaging and selling more fresh fruits and vegetables at the high school. Our sales in that area have really increased.”*

*“The child nutrition program has gained a very popular reputation as 'one of healthy and delicious' foods.”*

*“Parents are bringing fruit and vegetable trays for children for birthday celebrations and are happy about the changes.”*

*“More students are eating the reimbursable meal because parents are more aware of the value and the nutrition of school meals.”*

**WHERE & WHEN**

**NUTRITION POLICY**

<b>Elementary School Classroom Snacks</b>	Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during regular meal periods for that class) under the teacher's guidance. The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. <b>Prepackaged snacks must comply with the fat and sugar limits of the Texas Public School Nutrition Policy, and must be single-size servings. All snacks (homemade and prepackaged) may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.).</b> For nutritious snack ideas, see TDA's listing of “Suggestions for Nutritious Snacks,” available on request and at <a href="http://www.squaremeals.org">www.squaremeals.org</a> .
<b>Elementary Classroom Birthday Parties</b>	Foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended such parties be scheduled after the end of the class's lunch period so that these celebrations will not replace a nutritious lunch.
<b>Snacks for TAKS Test Days</b>	Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. As with classroom snacks, these must comply with the limits outlined in the Public School Nutrition Policy. For healthy snack ideas, see TDA's listing of “Suggestions for Nutritious Snacks,” available on request and at <a href="http://www.squaremeals.org">www.squaremeals.org</a> .
<b>Field Trips, Athletic, UIL, Band and Other Competitions</b>	The nutrition policy does not apply to students who leave campus for campus-approved field trips or to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
<b>Other</b>	Certain exemptions are allowed for school nurses, students with special needs and up to three school wide events preapproved by campus officials. (NOTE: Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served/ consumed, including during any exempted events.)

**COMPLIANCE AND PENALTIES**

Please be aware that stricter penalties are now in place when violations of the Texas Public School Nutrition Policy are identified. Please refer to the full policy at [www.squaremeals.org](http://www.squaremeals.org) for further details on compliance and penalties.



## Four-Year Plan: 2006-2010

**WE'RE HERE TO HELP!**

Through the Square Meals initiative funded by the U.S. Department of Agriculture, Food and Nutrition Service, the Texas Department of Agriculture provides a wealth of materials and resources to promote healthy eating to students and their families—from eye-catching cafeteria posters and non-food reward kits to take-home flyers

and nutritious recipes. To request materials online, go to [www.squaremeals.org](http://www.squaremeals.org) and click on the tab “Resources and to Order Materials” to access the online ordering page. You can also visit the site to download a complete copy of the Texas Public School Nutrition Policy along with clarifications on frequently asked questions and more.



square meals



square meals

For a copy of the full text of the Texas Public School Nutrition Policy or for more information, go to [www.squaremeals.org](http://www.squaremeals.org). For answers to questions, e-mail TDA at [squaremeals@agr.state.tx.us](mailto:squaremeals@agr.state.tx.us).

This implementation schedule is a quick reference only and should be used in conjunction with the full Texas Public School Nutrition Policy available at [www.squaremeals.org](http://www.squaremeals.org). This information was compiled in September 2006. For the most current policy updates, go to [www.squaremeals.org](http://www.squaremeals.org).

For more information contact the Texas Department of Agriculture, Food and Nutrition Division  
P.O. Box 12847, Austin, Texas 78711 • (888) TEX-KIDS • [squaremeals@agr.state.tx.us](mailto:squaremeals@agr.state.tx.us)

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Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Texas Department of Agriculture • Food and Nutrition Division

**DENOTES WHEN CHANGES TAKE EFFECT**

- 2006-2007 School Year
- 2007-2008 School Year
- 2008-2009 School Year
- 2009-2010 School Year

**Foods of Minimal Nutritional Value (FMNV)\***

**SODA WATER**  
Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

**WATER ICES**  
Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

**CHEWING GUM**  
Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

**CERTAIN CANDIES**  
Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

\*Some items have received exemptions from USDA. Go to [www.squaremeals.org](http://www.squaremeals.org) for that list.

(Federal regulations do not allow FMNVs to be sold or given away during meal periods where reimbursable meals are served and/or consumed, including during any exempted events.)



POLICY	ELEMENTARY SCHOOLS (a campus containing a combination of grades early elementary to 6)				MIDDLE/JUNIOR HIGH SCHOOLS (a campus containing grades 6, 7 and 8; grades 7 and 8; or grades 7, 8 and 9)				HIGH SCHOOLS (a campus containing a combination of grades 9, 10, 11 and 12)			
	SY 2006-07	SY 2007-08	SY 2008-09	SY 2009-10	SY 2006-07	SY 2007-08	SY 2008-09	SY 2009-10	SY 2006-07	SY 2007-08	SY 2008-09	SY 2009-10
<b>FMNVs AND ALL FORMS OF CANDY</b> (See policy for exemptions. For a copy of the full policy, go to <a href="http://www.squaremeals.org">www.squaremeals.org</a> or call 888-TEX-KIDS.)	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class. (FMNVs include any carbonated beverage - see full list of FMNVs on the left inside cover of this schedule.)				Not allowed to be provided to students any time anywhere on school premises by anyone until after the end of the last lunch period.  Candy bars and packaged candy cannot exceed 1.5 oz.				Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and/or consumed.  Candy bars and other packaged candy cannot exceed 1.5 oz.  No more than <b>30 percent</b> of beverages in vending machines <b>should be</b> sugared, carbonated soft drinks. Sugared, carbonated drinks <b>should be</b> limited to 12 fl. oz.			
<b>COMPETITIVE FOODS</b> (All food and beverages that are not provided by school food service.)	Not allowed to be provided to students any time anywhere on school premises until after the end of the last scheduled class.				Not allowed anywhere on school premises during meal periods.				Not allowed during meal periods in areas where reimbursable meals are served and consumed.			
<b>FATS</b>	Individual food items <b>should not</b> contain more than 23 grams of fat. Items containing more than 28 grams of fat can be served only twice per week.				Individual food items <b>should not</b> contain more than 23 grams of fat. Items containing more than 28 grams of fat can be served only twice per week.				Individual food items <b>should not</b> contain more than 23 grams of fat. Items containing more than 28 grams of fat can be served only twice per week.			
<b>DEEP-FAT FRYING</b>	<b>Should be</b> eliminated as a method of on-site preparation.  Deep fried processed (manufactured) foods that have been pre-fried, flash-fried or par-fried by the manufacturer may be served but <b>should be</b> baked or heated by another method.				<b>Must be</b> eliminated as a method of on-site preparation.  Deep fried processed (manufactured) foods that have been pre-fried, flash-fried or par-fried by the manufacturer may be served but <b>must be</b> baked or heated by another method.				<b>Must be</b> eliminated as a method of on-site preparation.  Deep fried processed (manufactured) foods that have been pre-fried, flash-fried or par-fried by the manufacturer may be served but <b>must be</b> baked or heated by another method.			
<b>FRENCH FRIES AND OTHER PREVIOUSLY FRIED POTATO PRODUCTS</b> (Baked potato products that have not been pre-fried, flash-fried or deep-fat fried may be served without restriction.)	<b>Should be</b> baked for on-site preparation. Portions may not exceed 3 oz., may only be served once a week, and may only be purchased by students one serving at a time.				<b>Should be</b> baked for on-site preparation. Portions may not exceed 3 oz., may only be served three times per week, and may only be purchased by students one serving at a time.				<b>Should be</b> baked for on-site preparation. Portions may not exceed 3 oz. and may only be purchased by students one serving at a time.			
<b>TRANS FATS</b>	Trans fat information <b>should be</b> requested in all product specifications and the purchase of products containing trans fats <b>should be</b> reduced.				Trans fat information <b>should be</b> requested in all product specifications and the purchase of products containing trans fats <b>should be</b> reduced.				Trans fat information <b>should be</b> requested in all product specifications and the purchase of products containing trans fats <b>should be</b> reduced.			
<b>FRUITS AND VEGETABLES</b>	<b>Should be</b> offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup.				<b>Should be</b> offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup.				<b>Should be</b> offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup.			
<b>CONTRACTS</b>	Contracts and contract renewals must expressly comply with this policy.				Contracts and contract renewals must expressly comply with this policy.				Contracts and contract renewals must expressly comply with this policy.			
<b>PORTION CHART</b>	<b>ELEMENTARY SCHOOLS</b>				<b>MIDDLE SCHOOLS</b>				<b>HIGH SCHOOLS</b>			
<b>CHIPS</b> (fried)	1 oz.				1 oz.				1.25 oz.			
<b>CHIPS</b> (baked)	1.5 oz.				1.5 oz.				1.5 oz.			
<b>OTHER</b> (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)	1.5 oz.				1.5 oz.				1.5 oz.			
<b>COOKIES/CEREAL BARS</b>	2 oz.				2 oz.				2 oz.			
<b>BAKERY ITEMS</b> (e.g., pastries, muffins)	3 oz.				3 oz.				3 oz.			
<b>FROZEN DESSERTS, ICE CREAM, FROZEN YOGURT, PUDDING OR GELATIN</b>	4 oz.				4 oz.				4 oz.			
<b>WHOLE MILK, FLAVORED OR UNFLAVORED</b>	8 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.				8 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.				8 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.			
<b>REDUCED FAT MILK, FLAVORED OR UNFLAVORED</b>	16 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.				16 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.				16 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.			
<b>BEVERAGES OTHER THAN MILK</b>	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. Juices <b>should be</b> 100 percent fruit and/or vegetable juice. No limit on non-carbonated, unflavored water.				12 fl. oz. Must not contain more than 30 grams total sugar per 8 fl. oz. Juices <b>must be</b> 100 percent fruit and/or vegetable juice. No limit on non-carbonated, unflavored water. <b>Electrolyte replacement beverages (sports drink) are not allowed.</b>				12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.			
<b>FROZEN FRUIT SLUSHES</b> (must contain at least 50 percent fruit juice)	6 fl. oz.				12 fl. oz.				12 fl. oz.			