



E. Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the Operations Manager upon approval by the Superintendent.

II. Beverage Standards

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake, including herbal supplements, cannot be sold or given away during the school day.

A. Allowable Beverages Include:

1. Plain water: No size limit
2. Milk – Unflavored nonfat, unflavored low-fat, or flavored nonfat milk:
 - a. Elementary School: Less than or equal to 8 fluid ounces per serving.
 - b. Middle and High School: Less than or equal to 12 fluid ounces per serving.
3. Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners):
 - a. Elementary School: Less than or equal to 8 fluid ounces per serving (recommended size is 4 to 6 fluid ounces).
 - b. Middle and High School: Less than or equal to 12 fluid ounces per serving (recommended size is 8 fluid ounces).

B. Other Allowable Beverages – High School Only:

1. Noncarbonated calorie-free beverages less than or equal to 20 fluid ounces per serving and:
 - i. Less than 5 calories per 8 fluid ounces; or
 - ii. Less than or equal to 10 calories per 20 fluid ounces
2. Noncarbonated lower-calorie beverages:
 - i. Less than or equal to 12 fluid ounces per serving and less than or equal to 60 calories. Eight fluid ounce servings must be less than or equal to 40 calories.

III. Caffeine

All foods and beverages in elementary schools and middle schools must be noncarbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g., chocolate milk). Caffeine is permitted at the high school level at the discretion of the Operations Manager upon approval by the Superintendent.

IV. Incentives and Rewards

Schools and Advisors are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections I and II of this regulation.

V. Contracts

All vending and food purchasing contracts will include a statement requiring compliance with this Regulation. All vending contracts must be reviewed and approved by the Superintendent.



VI. Exempt Areas

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

VII. Revenue

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics and/or activities.

VIII. Special Occasions

All foods for special occasions must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. Foods must meet the nutrient and beverage standards within this regulation with the exception of an activity that is part of a learning experience related to the reinforcement of established lesson plans in the classroom.

IX. Recess

Recess before lunch is recommended, but will be left to the discretion of the school administrator.

X. Meal Consumption

- A. Students will be allotted at least 20 minutes to consume the lunch meal.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.

XI. Physical Activity

- A. Students will be provided the opportunity for at least 30 minutes daily for moderate to vigorous physical activity.
- B. Passing periods do not qualify as physical activity time.
- C. Advisors, school personnel, and community personnel will not use physical activity, or withhold opportunities for physical activity (e.g., recess, physical education), as punishment.
- D. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

XII. Nutrition and Wellness Education

- A. Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources, will be disseminated to students through the health and physical education curricula.