

ANACORTES SCHOOL DISTRICT #103

Procedure No. 6700-P
Management Support

NUTRITION AND PHYSICAL FITNESS

Nutritional Content and Food Service Operations

The following guidelines shall be in effect:

1. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture and as defined in the Anacortes School District Food Standards Guidelines Table may be sold or served in the school during school hours
2. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
3. Apple or other fresh fruit machines are acceptable at all times.
4. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
5. Students and staff will have access to safe, fresh drinking water throughout the school day.
6. Schools should encourage non-food alternatives as student rewards.
7. Items shown in the Anacortes School District Food Standards Guideline Table refer to single sold items typically found in vending machines, student stores, and ala carte sales (*see next page*)

Adoption Date: 10/29/98
Revised: 11/2005



ANACORTES SCHOOL DISTRICT #103

Management Support

| <i>ANACORTES SCHOOL DISTRICT FOOD STANDARDS GUIDELINES GRADES K-8</i> | | | | |
|---|--|--|--|---|
| | 2005-06 | 2006-07 | 2008-09 | 2009-10 |
| FOODS | | | | |
| Fats (excludes nuts & seeds) | 40% of calories from fat ≤ 8 grams/oz fat in cheese products ≤ 10% calories from saturated and trans fat | 40% of calories from fat ≤ 8 grams/oz fat in cheese products ≤ 10% calories from saturated and trans fat | 35% of calories from fat ≤ 8 grams/oz fat in cheese products ≤ 10% calories from saturated and trans fat | 35% of calories from fat ≤ 8 grams/oz fat in cheese products ≤ 10% calories from saturated and 0% from trans fat |
| Sugars | ≤ 35% calories from added sweeteners | ≤ 35% calories from added sweeteners | ≤ 35% calories from added sweeteners | ≤ 35% calories from added sweeteners |
| BEVERAGES | | | | |
| | Water and flavored waters with ≤ 50 calories/8 oz. Fruit or vegetable drinks at least 50% juice with ≤ 100 calories/12 oz. Milk, non-fat, low-fat, or flavored ≤ 200 calories/ 8 oz. Sports Drinks ≤ 120 calories/16 oz. ≤ 50% carbonated beverages stocked on a monthly basis | Water and flavored waters with ≤ 50 calories/8 oz. Fruit or vegetable drinks at least 50% juice with ≤ 100 calories/12 oz. Milk, non-fat, low-fat, or flavored ≤ 200 calories/ 8 oz. Sports Drinks ≤ 120 calories/16 oz. ≤ 40% carbonated beverages stocked on a monthly basis | Water and flavored waters with ≤ 50 calories/8 oz. Fruit or vegetable drinks at least 50% juice with ≤ 100 calories/12 oz. Milk, non-fat, low-fat, or flavored ≤ 200 calories/ 8 oz. Sports Drinks ≤ 120 calories/16 oz. ≤ 30% carbonated beverages stocked on a monthly basis | Water and flavored waters with ≤ 50 calories/8 oz. Fruit or vegetable drinks at least 50% juice with ≤ 100 calories/12 oz. Milk, non-fat, low-fat, or flavored ≤ 200 calories/ 8 oz. Sports Drinks ≤ 120 calories/16 oz. ≤ 0% carbonated beverages stocked on a monthly basis |
| SERVING SIZES | | | | |
| <i>Elementary K-6</i> <ul style="list-style-type: none"> • Snacks and sweets: 1.25 oz. • Cookies/cereal bars: 2 oz. • Bakery items: 3 oz. • Frozen desserts: 4 oz. • Yogurt: 8 oz. • Nuts and seeds: 1oz • Beverages: 12oz. • Water: no size limit • Low fat and non-fat unflavored Milk: no size limit | | MS 7-8 <ul style="list-style-type: none"> • Snacks and sweets: 1.25 oz. • Cookies/cereal bars: 2 oz. • Bakery items: 4 oz. • Frozen desserts: 4 oz. • Yogurt: 8 oz. • Nuts and seeds: 1oz • Beverages: 16oz. • Water: no size limit • Low fat and non-fat unflavored Milk: no size limit | | |

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| ANACORTES SCHOOL DISTRICT FOOD STANDARDS GUIDELINES GRADES 9-12 | | | |
|--|--|---|---|
| | 2005-06 | 2006-07 | 2007-08 |
| | Changes | Goals | Goals |
| Cafeteria | <p>Eliminated for high fat or sugar content such as:</p> <ul style="list-style-type: none"> ▪ Welch's fruit snacks ▪ 10% juice drinks ▪ Hostess Donuts ▪ Chips in large grab bags ▪ Cookies ▪ No Tater Tots <p>Added more healthy choices such as:</p> <ul style="list-style-type: none"> ▪ More fresh fruit choices ▪ Small green salads with Pizza lunches ▪ Ranch dressing cups sold ala carte only ▪ Fruit gushers ▪ Extreme fruit snacks ▪ Beef jerky bites ▪ Quaker granola bars ▪ Cheddar Popcorn ▪ Corn Nuts ▪ Capri Sun 100% juice ▪ Ocean Spray Trail Mix ▪ Fresh Fruit Cup ▪ Apple wedges w/ fat free caramel dip ▪ 1oz Peanuts & sunflower seeds ▪ Baked chips, only in single serve bags | <p>Increase healthy choices for student by an additional 10%</p> <p>Add a larger variety of frozen snacks with lower fat/sugar content than now available.</p> <p>Work with vendors and distributors to increase the selection of lower fat ala carte entrees offered to students.</p> | <p>Revisit to determine impact and new goals</p> <p>Focus on adding more nutritional snacks and eliminate snacks with high sugar/fat content.</p> |
| DECA Student Store | <p>Eliminated energy drinks</p> <p>Smaller portion size for pizza and limited students to two slices each</p> <p>Added more non-carbonated beverages including ice tea and flavored water. Beverage mix includes 1/4 of beverages available are non-carbonated.</p> <p>Added more lower fat/healthier items to product mix such as sun chips, pretzels, and trail mix, and balance bars</p> | <p>Add 100% juices and more flavored waters to the product mix. Product mix of 1/3 beverages to non-carbonated</p> <p>Reduce the serving sizes of chips, as available from vendor. Product mix of 1/3 chips single serving and baked.</p> <p>Reduce the amount of high sugar snacks and add more healthy options. Product mix of 1/3 of healthy options</p> | <p>Revisit to determine impact and new goals</p> |
| Athletics Vending Machines | <p>Timers on the soda machines - only available before school, lunch, and after school</p> | <p>Add a larger assortment of 100% juices and flavored water. 20% mix of flavored water and juices</p> | <p>Revisit to determine impact and new goals</p> |

