



# *Leicester Public Schools*

## *Food Service Department*



964 Main Street Leicester, MA 01524 Telephone: (508) 892-7036 X 5224  
[www.leicester.k12.ma.us](http://www.leicester.k12.ma.us)

## Smart Snacks in School

The Smart Snacks in School nutrition standards support better health for our kids and echo the good work already taking place in schools across the country. The Smart Snacks in School food and nutrition standards became effective on July 1, 2014.

## Definitions

Combination food – Products containing two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Entrée – A combination food of meat/meat alternate and whole grain rich food; or a combination food of vegetable or fruit and meat/meat alternate; a meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks; a food intended as the main dish; or a grain-only item for breakfast entrees only.

Whole grain-rich – Foods that contain 100 percent whole grain or contain a blend of whole-grain meal and/or flour and enriched meal and/or flour of which at least 50 percent is whole grain. Whole grain-rich products must contain at least 50 percent whole-grains and the remaining grain, if any, must be enriched.

## Allowable Foods All Grades

References: Federal Regulation USDA Final Rule 7CFR Parts 210 and 220. Effective: Midnight before, to 30 minutes after the end of the official school day.

## Food and Nutrient Standards

Any food, outside the reimbursable lunch or breakfast meals, sold on the school campus (includes a la carte, school stores, food-based fundraisers, vending machines, etc.) must meet the following food standards:

- Be a whole grain-rich grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least ½ cup fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

AND

- Any food (including accompaniments) must also meet these

### Nutrient requirements:

- Calorie limits (Snack items:  $\leq 200$ ; Entrée items:  $\leq 350$ )
- Sodium limits (Snack items:  $\leq 200$  mg; Entrée items:  $\leq 480$  mg)

### Fat limits:

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $< 10\%$  of calories
- Trans fat: zero grams
- Sugar limit:  $\leq 35\%$  of weight from total sugars in foods.

## No Exemptions

There is no exemption for NSLP/SBP entrée items sold a la carte: Any entrée item offered as part of the lunch program or the breakfast program is not exempt from competitive food standards, if it is sold as a competitive food in the lunch or breakfast program.

### Nutrient standards:

Fresh fruits and vegetables with no added ingredients except water; canned and frozen fruits with no added ingredients except water or are packed in 100 percent juice, extra light syrup or light syrup; and low sodium and no-salt added canned vegetables with no added fat or ingredients except water or that contain a small amount of sugar for processing purposes.

### Paired exempt foods:

Peanut butter and celery, celery paired with peanut butter and unsweetened raisins, reduced fat cheese served with apples, and peanuts and apples all retain the total fat and saturated fat exemptions and may be served as long as the calorie and sodium limits are met.

### Total fat:

Reduced fat cheese and part-skim mozzarella; nuts, seeds and nut/seed butters; eggs with no added fat; dried fruit with nuts/seeds with no added nutritive sweeteners or fats; and seafood with no added fat.

### Saturated fat:

Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; eggs with no added fat; and dried fruit with nuts/seeds with no added nutritive sweeteners or fats.

### Sugar:

Dried/dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability (dried cranberries, tart cherries, and dried blueberries only); products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

## Middle School – Beverages

References: Federal Regulation USDA Final Rule 7CFR Parts 210 and 220.

Middle school contains grades: 5th – 8th grades

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79.

### Allowable Beverages

- **Fruit and Vegetable Juice**

- 100 percent juice and full-strength juice diluted with water, carbonated or non-carbonated
- Up to 8-ounce portions
- No added sweeteners

- **Milk**

- Must be low-fat (1 percent unflavored) or nonfat (flavored or unflavored)
- Up to 8-ounce portions
- Non-dairy milk must be nutritionally equivalent to milk per USDA requirements

- **Bottled Water**

- Plain water or plain carbonated water
- No size limit

## High School – Beverages

References: Federal Regulation USDA Final Rule 7CFR Parts 210 and 220.

High school contains grades: 9th – 12th grades

Effective: Midnight before, to 30 minutes after the end of the official school day and throughout the extended school day as defined by 1CCR 301-79.

### Allowable Beverages

- **Fruit and Vegetable Juice**

- 100 percent juice and full-strength juice diluted with water, carbonated or non-carbonated
- Up to 8-ounce portions
- No added sweeteners

- **Milk**

- Must be low-fat (1 percent unflavored) or nonfat (flavored or unflavored)

- Up to 8-ounce portions
- Non-dairy milk must be nutritionally equivalent to milk per USDA requirements

- **Bottled Water**

- Plain water or plain carbonated water
- No size limit

## Competitive Food Service

Competitive foods are food or beverage items sold in competition to the reimbursable school meal and the goal is to limit access to these foods. Consequently, any food or beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school-approved outside vendors, shall not operate in competition with the district's food service program and shall be closed for a period beginning 30 minutes prior to and remain closed until 30 minutes after each meal service.

## Exemptions

Beverages sold at school-related events occurring outside of the regular and extended school day where parents and other adults are in attendance are exempt from the above beverage standards.

## Additional Resources

USDA FNS: <http://www.fns.usda.gov/school-meals/smart-snacks-schools>

John C. Stalker Institute: <https://johnstalkerinstitute.org/>

Massachusetts Department of Education Office of School Nutrition:  
<https://www.mass.gov/info-details/mass-in-motion-improving-school-nutrition>

### Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2 Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. Fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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