

# Texas Public School Nutrition Policy

## Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs

Foods of Minimal Nutritional Value (FMNV)	POLICY	ELEMENTARY SCHOOLS	MIDDLE/JUNIOR HIGH SCHOOLS	HIGH SCHOOLS
	<p><b>Soda Water</b> Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.</p> <p><b>Water Ices</b> 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.</p> <p><b>Chewing Gum</b> Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.</p> <p><b>Certain Candies</b> 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.</p> <p>*Some items have received exemptions from USDA. Go to <a href="http://www.squaremeals.org">www.squaremeals.org</a> for that list.</p> <p>(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.)</p>	<p><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>)</p> <p><b>Competitive Foods</b> (All food and beverages that are not provided by school food service.)</p>	<p>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.</p> <p>(FMNVs include any carbonated beverage – see list of FMNVs on the left hand side of this page.)</p> <p>Not allowed to be provided to students any time anywhere on school premises until after the end of the last scheduled class. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.</p>	<p>Not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.</p>
	<b>Fats</b>	Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time. (See the full policy for peanut butter exemption.)		
	<b>Deep-fat frying</b>	Must be eliminated as a method of on-site preparation at all schools (end of transition period for facilities requiring extensive changes).		
	<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.)	Must be 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.	Must be 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.	Must be 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 must be requested in all product specifications and the purchase of products containing trans fats must be reduced.		
	<b>Fruits and Vegetables</b>	Must be offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup whenever possible.		
	<b>Contracts</b>	Contracts, contract renewals and amendments 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>	1.5 oz. (including baked or fried chips, no more than 7.5 grams of fat per bag).		
	<b>Other</b> (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)	1.5 oz.		
	<b>Cookies/cereal bars</b>	2 oz.		
	<b>Bakery items</b> (e.g., pastries, muffins)	3 oz.		
	<b>Frozen desserts , ice cream, frozen yogurt, pudding or gelatin</b>	4 oz.		
	<b>1% milk, unflavored only</b>	16 fl. oz.		
	<b>Nonfat milk, flavored or unflavored</b>	16 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.		
	<b>Beverages other than milk</b>	6 fl. oz. Must not contain more than 30 grams total sugar per 6 fl. oz.  Elementary schools must serve only milk, unflavored water and 100 percent fruit and or vegetable juice. No electrolyte replacement beverages (sports drinks) may be served or sold. No limit on non-carbonated, unflavored water.	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.	8 fl. oz.	12 fl. oz.



Schools may only offer 1% unflavored milk or nonfat flavored or nonfat unflavored milk. Flavored milk may only be served as nonfat.

# Nutrition Policy Exemptions

## Where & When

## Nutrition Policy

### Elementary School Classroom Snacks

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. **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.).** For nutritious snack ideas, see TDA's listing of "Suggestions for Nutritious Snacks," available on request and at [www.squaremeals.org](http://www.squaremeals.org).

### Elementary Classroom Birthday Parties

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.

### Snacks for TAKS Test Days

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 [www.squaremeals.org](http://www.squaremeals.org).

### Field Trips, Athletic, UIL, Band and Other Competitions

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.

### Other

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 and/or 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.



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.

For more information contact the Texas Department of Agriculture, Food and Nutrition Division  
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