

NUTRITIONAL GUIDES FOR THE CARLISLE AREA SCHOOL DISTRICT

Source of Competitive Food	NUTRITIONAL GUIDELINES
Ala Carte-Food/Snacks	<p>The following standards apply to all foods offered as ala carte.</p> <ul style="list-style-type: none"> • Except for entrees, items will provide <200 calories per serving. • Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes. • At least 50% of grains offered will be whole grains. • A minimum of 2 fruits and 2 vegetables will be offered daily (including fresh/raw). A variety of fruits and vegetables will be offered from day to day. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • No foods will be on-site deep fat fried. This does not include stir- fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week. These 3 items are exempt from the total fat and saturated fat restrictions listed below. • Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. <p>In addition, a minimum of 75% of items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses). • <10% of calories from saturated fat (excluding reduced fat cheeses). • <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. • Minimal to no trans fatty acids. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.</p> <p>K-5 will not offer more than 5 ala carte food items in total.</p>

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<p>A La carte-Beverages</p>	<p>A minimum of 75% of the beverages offered will be:</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • Milk, 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers. <p>Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.</p> <p>Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:</p> <ul style="list-style-type: none"> • 150 calories • 35 grams of sugar <p>Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.</p>

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Vending-Food/Snacks	<p>Vending will not be available for students in grades K-5. The following standards apply to all foods offered through vending machines in grades 6-12:</p> <ul style="list-style-type: none"> • Items will provide <200 calories per serving. • Packages will be in single serving sizes. • A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. • Fruits and vegetables will be available at every vending area. <p>In addition, all food items available will contain:</p> <ul style="list-style-type: none"> • <35% of calories from total fat (excluding nuts, seeds, nut butters, crackers and reduced fat cheeses). • <10% of calories from saturated fat. <p><35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.</p> <ul style="list-style-type: none"> • Provide minimal to no trans fatty acids.
Vending-Beverages	<p>Vending will not be available for students in grades K-5. In grades 6-12, in addition to other vending items, the following beverages will also be made available through vending :</p> <ul style="list-style-type: none"> • Water, unflavored (any size). • 100% fruit juice (not to exceed 6 oz). • A minimum of 75% of milk selections will be 1% lowfat or nonfat (not to exceed 8 oz), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

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Fundraisers (non-vending)	The district will encourage school organizations to limit the number of food fundraisers where food is available for sale <u>during</u> the school day. The district will encourage school organizations to find healthier food alternatives and/or other types of fundraising activities.
Classroom Parties/Holiday Celebrations	<p>Classroom parties will offer only one food item and one beverage item that contain added sugar as the first ingredient. In addition, classroom parties will provide the following healthy alternatives:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables. • Water, 100% fruit juice or milk. <p>In addition, the Food Service Department will offer part lists that include food and beverage choices that:</p> <ul style="list-style-type: none"> • Are moderate in sodium content. • Provide minimal to no trans fatty acids. • Provide items that contain > 2 grams of fiber/serving. • Offer fresh fruits and vegetables • Offer water, 100% fruit juice or milk as the beverage choices. • Do not offer any Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220).
Rewards	The district will encourage staff to not use food as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.)
Food Items from Home	<p>Parents/caregivers will be encouraged to promote their child’s participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives.</p> <p>The nutrition standards for the Carlisle Area School District will be posted on the district’s website.</p>

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School Stores	The district does not operate any school stores in any of its facilities.
Faculty Rooms	Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.
Other	A variety of vegetarian options are provided on a daily basis in the school cafeteria and as a la carte items.

