

# LISD Child Nutrition Program and Texas Public School Nutrition Policy

Revision 2009

All Campuses and Program shall comply with the Texas Public School Nutrition Policy and the LISD Wellness Policy (FFA Local) in its entirety.

## I. TPSNP Definitions:

- a. **School Day:** The school day begins with the start of the first breakfast period and continues until the end of the last instruction period of the day (last bell).
- b. **Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. These include food and beverages sold or provided in vending machines, in school stores, and any school fundraisers.
- c. **FMNV:** Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U.S. Department of Agriculture under the child nutrition programs:
  - i. **Soda Water:** Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.
  - ii. **Water Ices:** 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.
  - iii. **Chewing Gum:** Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
  - iv. **Certain Candies:** Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, candy-coated popcorn.

## II. TPSN Policy Guidelines

	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
<b>FMNV</b>  New rules for High Schools	Absolutely not allowed to be provided to students any time anywhere on school premises by anyone <b>(including guest speakers)</b> until after the <b>end of the last scheduled class.</b> (FMNVs include any carbonated beverage and other candy.)	Absolutely not allowed to be provided to students any time anywhere on school premises by anyone <b>(including guest speakers)</b> until after the <b>end of the last scheduled class.</b> (FMNVs include any carbonated beverage and other candy.)	<b>High schools may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last scheduled class. This includes candy bars, packaged candies and carbonated beverages.</b>

<p><b>Competitive Foods</b> (All food and beverages that are not provided by school food service.)</p> <p>New rules for High Schools</p>	<p>Not allowed to be provided to students any time anywhere on school premises until after the <b>end of the last scheduled class.</b></p> <p>All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.</p>	<p>Not allowed to be provided to students any time anywhere on school premises until <b>30 minutes after the last meal period.</b></p> <p>All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.</p>	<p><b>High schools may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last scheduled class. This includes candy bars, packaged candies and carbonated beverages.</b></p> <p>All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.</p>
<p><b>Snacks</b></p>	<p>One nutritious snack per day is permitted for preschool. The snack may not consist of any FMNV, candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.) Refer to <b>LISD Elementary Snack and Party Rules</b> at <a href="http://www.laredoisd.org/departments/childnutrition">www.laredoisd.org/departments/childnutrition</a></p>	<p>See Competitive Foods above</p>	<p>See Competitive Foods above</p>
<p><b>Snacks for TAKS Test Days</b></p>	<p>TAKS Snacks must be purchased from the Child Nutrition Program. See CNP web page <a href="http://www.laredoisd.org/departments/childnutrition">www.laredoisd.org/departments/childnutrition</a> for items available, prices and order information. Donated snacks must be approved by the CNP to ensure they meet policy requirements.</p>		
<p><b>FATS</b></p>	<p><b>Individual food items must not contain more than 23 grams of fat.</b></p>		
<p><b>DEEP-FAT FRYING</b></p>	<p><b>Must be</b> eliminated as a method of on-site preparation. Deep fried processed (Manufactured) foods that have been pre-fried, flash-fried or par-fried by the manufacturer may be served but <b>must be</b> baked or heated by another method.</p>		
<p><b>FRENCH FRIES AND OTHER PREVIOUSLY FRIED POTATO PRODUCTS</b> (Baked potato products that have not been pre-fried, flash-fried or deep-fried may be served without restrictions.</p>	<p><b>Must be baked</b> for on-site preparation.</p> <p>Portions may not exceed <b>3 oz.</b>, may only be served <b>once a week</b>, and may only be purchased by students one serving at a time.</p>	<p><b>Must be baked</b> for on-site preparation.</p> <p>Portions may not exceed <b>3 oz.</b>, may only be served <b>three times a week</b>, and may only be purchased by students one serving at a time.</p>	<p><b>Must be baked</b> for on-site preparation.</p> <p>Portions may not exceed <b>3 oz.</b>, and may only be purchased by students one serving at a time.</p>

<b>TRANS FATS</b>	Trans fat information <b>must be</b> considered in all products and the purchase of products containing trans fats <b>must be</b> reduced.	
<b>FRUITS AND VEGETABLES</b>	<b>Must be</b> offered daily on all points of service, preferably fresh. Frozen and canned fruits should be packed in natural juice, water or light syrup <b>whenever possible</b> .	
<b>SPECIAL MEALS</b>	<b>Reward meals and classroom instruction meals may not substitute for CNP program meals.</b> Contact the School Nutrition Manager or CNP Supervisor on how to arrange for special meals.	Contact School Nutrition Manager to arrange special meals for students.
<b>SALE OF FOOD</b>	All sale of food must comply with portion size, time and location restrictions in TPSNP. Sales must be pre approved by Child Nutrition Program and campus administration. <b>All requests must be submitted on WorkFlow, <a href="#">Request for Food Sales</a>.</b>	
<b>FOOD SAFETY</b>	NO FOOD may be prepared in classrooms and SOLD to either students OR staff without food handlers certificate. Food made available or sold on LISD property must be a commercial product or from a facility with a City of Laredo Food Establishment Permit. This includes tacos and plates purchased at campuses by adults, but does not include food brought from home for individual consumption. All student and adult food fundraisers must comply with the City of Laredo Health Department regulations and permits. Contact CNP or Laredo Health Department for more information.	
<b>COMPLIANCE &amp; PENALTIES</b>	Violations of the TPSN Policy may result in fines equal to the amount of federal reimbursement for up to one month and would be assessed from the general fund.	
<b>FIELD TRIPS &amp; CANCELED MEALS</b>	The nutrition policy does not apply to students who leave campus for campus-approved field trips. School Nutrition Manager must be informed two weeks in advance of field trips to order sack lunches and/or to cancel meals. <b>Meals not canceled will be charged to the campus.</b>	
<b>FOOD USED FOR INSTRUCTION</b>	For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes on an occasional basis. No food is to be sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.	

### III. Portion Size Chart

PORTION SIZE CHART			
Food/Beverage	Elementary	Middle	High
CHIPS (fried or baked)	1.5 oz. (including baked or fried chips, no more than 7.5 grams of fat per bag).		
OTHER	1.5 ounces (crackers, popcorn, cereal, trail mix, nuts, seeds dried fruit, jerky, pretzels)		
COOKIES/ CEREAL BARS 2 oz	Portion sizes still apply. Total fat must not exceed 30 percent of calories or 3 grams per 100 calories; saturated fat must not exceed 10 percent of calories or more than 1 gram per 100 calories; sugar must not exceed more than 10 grams per ounce.		
BAKERY ITEMS (e.g., pastries, muffins). 3 oz.			
FROZEN DESSERTS, ICE CREAM, FROZEN YOGURT, PUDDING OR GELATIN	4 ounces		
WHOLE MILK, FLAVORED OR UNFLAVORED 8 fl. oz.	8 fl. oz. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)		
REDUCED FAT MILK, FLAVORED OR UNFLAVORED 16 fl. oz.	16 fl. oz. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.		
BEVERAGES OTHER THAN MILK	6 fl. oz. Must not contain more than 30 grams total sugar per 6 fl. oz. Juices must be 100 percent fruit and /or vegetable juice. No limit on non-carbonated, unflavored water. <b>Electrolyte replacement beverages (sports drink) are not allowed.</b>	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. <b>after the school day</b>  <b>Carbonated beverages are FMNV and can not be sold or given away during the school day.</b>	
FROZEN FRUIT SLUSHES	Must contain at least 50 percent fruit juice		
	6 fl. oz.	8 fl. oz	12 fl. oz.

### III. FMNV and Policy Exemptions:

1. **School nurses** may use FMNV during the course of providing health care to individual students.
2. **Accommodating Students with Special Needs:** Special Needs students whose IEP indicates the use of FMNV or candy for behavior modification may be given FMNV or candy items.

### IV. Considerations on Instructional Use of Food in Special Education Classes

Food may be used for instructional purposes; however, it is important to remember that this is a part of the child's total intake. Many students have very low activity levels and need to keep caloric content down. Generally, the consumption of fruits and vegetables, low fat milk and whole grain products are low. Teachers that plan for instructional use of food can have a positive impact on students eating and snacking habits by offering and encouraging healthy foods, portion control and increased activity.

1. For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Food **may not** be provided or sold to other students or classes.

- a. Lesson plans for instructional use of foods shall be submitted to the campus administrator for permission in advance of all food preparation for approval.
  - b. All foods and preparation methods must meet all other sections of the Texas Public School Nutrition Policy as noted above.)
  - c. Food preparation and the occasional consumption of this food shall be for instructional purposes only.
  - d. Teachers and teacher aides in self contained units are expected to bring or purchase their own meals, and shall warm and consume those meals in the teachers lounge or other appropriate non-classroom areas.
2. Food Choices:
- a. focus on use of fruits and vegetables, low fat dairy products and whole grains.
  - b. Use low fat yogurt for fruit dip or fruit parfaits with fresh or canned fruits and granola.
  - c. Teach blanching as a food preparation techniques to make raw vegetables more appealing.
  - d. Make low fat dips for vegetables.
  - e. Make seasoned baked corn chips in the oven.
  - f. Make bean dip or hummus from canned beans to use with baked corn chips or whole-wheat crackers.
  - g. Select whole grain baked products.
  - h. Reduce the use of Trans fats. When purchasing baked goods and fats, look for trans fat free products. When cooking uses oils and avoid the use of shortening and margarine.
  - i. Do not use frying as a food preparation method.
  - j. Do not offer foods with over 23 grams of fat per serving.
3. Snacks:
- a. Check the portion size guide and limit student to one serving.
  - b. Always read labels and limit students to one serving or less.
  - c. A rule of thumb for snacks: If a meal will be within one hour or less, limit the snack to 100 calories. If the meal will be 1 ½ hours or more, a 200-calorie snack is acceptable.
  - d. High fiber foods such as whole grain items and fresh fruits and vegetables will satisfy hunger longer.
4. Avoid the use of sweetened beverages. Water with a lemon slices or water flavored with a small amount of fruit juice is a refreshing alternative to sweetened drinks.
5. Healthy snacks suggestion: go to [www.squaremeals.com](http://www.squaremeals.com) or contact the Child Nutrition Program at 795-3650.
6. Nutrition Lessons keyed to the TEEKS: go to [www.NETex.com](http://www.NETex.com)