

Square Meals



square meals

Nourishing children's bodies and minds.

- Texas Public School Nutrition Policy at a Glance
- Non-Food Ways to Raise Funds and Reward a Job Well Done

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Texas Public School Nutrition Policy at a Glance



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POLICY

ELEMENTARY SCHOOLS

(a campus containing a combination of grades early elementary to 6)



Foods of Minimal Nutritional Value (FMNV)

SODA WATER

Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

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.

CHEWING GUM

Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

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 and candy-coated popcorn.

(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.)

FMNVs AND ALL FORMS OF CANDY

(For a copy of the full policy, go to www.squaremeals.org or call 888-TEX-KIDS.)

COMPETITIVE FOODS

(All food and beverages that are not provided by school food service.)

FATS

DEEP-FAT FRYING

FRENCH FRIES AND OTHER PREVIOUSLY FRIED POTATO PRODUCTS

(Baked potato products that have not been pre-fried, flash-fried or deep-fat fried may be served without restriction.)

TRANS FATS

FRUITS AND VEGETABLES

MILK

FRUIT/VEGETABLE JUICES

CONTRACTS

For elementary, middle/junior high schools ►

Not allowed to be provided to students any time anywhere on school premises **until after the end of the last scheduled class.**

For elementary, middle/junior and high schools ►

For elementary, middle/junior and high schools ►

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.

For elementary, middle/junior and high schools ►

For elementary, middle/junior and high schools ►

For elementary, middle/junior and high schools ►

For elementary schools only ►

For elementary, middle/junior and high schools ►

PORTION CHART

ELEMENTARY SCHOOLS

FOOD OR BEVERAGE

For elementary, middle/junior and high schools ►

CHIPS (fried or baked)

1.5 oz. (no more than 7.5 grams of fat per bag)

OTHER (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)

1.5 oz.

COOKIES/CEREAL BARS

2 oz.

BAKERY ITEMS (e.g., pastries, muffins)

3 oz.

For elementary, middle/junior and high schools

FROZEN DESSERTS, ICE CREAM, FROZEN YOGURT, PUDDING OR GELATIN

4 oz.

WHOLE MILK, FLAVORED OR UNFLAVORED

8 fl. oz. For elementary, middle/junior and high schools

REDUCED FAT MILK, FLAVORED OR UNFLAVORED

16 fl. oz. For elementary, middle/junior and high schools

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. Electrolyte replacement beverages (sports drink) are not allowed.

FROZEN FRUIT SLUSHES

(must contain at least 50 percent fruit juice)

6 fl. oz.

MIDDLE/JUNIOR HIGH SCHOOLS

(a campus containing grades 6, 7 and 8; grades 7 and 8; or grades 7, 8 and 9)

HIGH SCHOOLS

(a campus containing a combination of grades 9, 10, 11 and 12)

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.** (FMNVs include any carbonated beverage -see full list of FMNVs on the left inside cover of this schedule.)

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.

Not allowed during meal periods in areas where reimbursable meals are served and consumed. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.

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.)

Not allowed as a method of on-site preparation at all schools (end of transition period for facilities requiring extensive changes).

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. Must be baked for on-site preparation.

Trans fat information must be requested in all product specifications and the purchase of products containing trans fats must be reduced.

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.

Schools may offer whole milk but must also offer 2 percent, 1 percent or skim milk at all points where milk is served.

All beverages served in elementary schools must be milk, unflavored water and 100 percent fruit and/or vegetable juice. No electrolyte replacement beverages (sports drinks) may be served or sold. (See portion chart for frozen fruit slushes criteria.)

Contracts, contract renewals and amendments must expressly comply with this policy.

MIDDLE/JUNIOR HIGH SCHOOLS

HIGH SCHOOLS

The **maximum** portion size and nutrient restrictions below apply to all foods and beverages served or made available via vending machines, fundraisers, snack bars, a la carte or any other service point. These restrictions do not apply to food items served as part of a reimbursable school meal unless they are individually sold.

1.5 oz. (no more than **7.5 grams** of fat per bag)

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1.5 oz.

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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 1 gram per 100 calories; sugar must not exceed 10 grams per ounce. See the full policy for grain/bread exemptions at breakfast.

4 oz.

4 oz.

Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.

Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.

12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. 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.

8 fl. oz.

12 fl. oz.

NUTRITION POLICY EXEMPTIONS

WHERE & WHEN

NUTRITION POLICY

<p>Elementary School Classroom Snacks</p>	<p>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.). However, this does not apply to snacks students bring from home solely for their own consumption.</p>
<p>Elementary Classroom Birthday Parties</p>	<p>Foods otherwise restricted by the policy are permitted at in-classroom birthday parties. Parties must be after the classes lunch period as to not spoil the child's appetite for a nutritious meal.</p>
<p>Snacks for TAKS Test Days</p>	<p>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.</p>
<p>Field Trips, Athletic, UIL, Band and Other Competitions</p>	<p>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.</p>
<p>Other</p>	<p>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/ consumed, including during any exempted events.)</p>

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 and amendment at www.squaremeals.org for further details on compliance and penalties.

For answers to policy questions, contact the Texas Department of Agriculture, Food and Nutrition Division
P.O. Box 12847, Austin, Texas 78711 · (877) TEX-MEAL · squaremeals@texasagriculture.gov



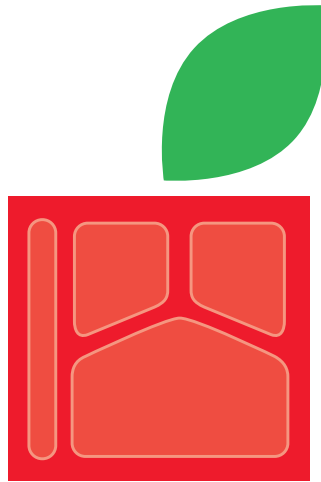
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For a copy of the full text of the Texas Public School Nutrition Policy and the 2006 – 2010 implementation schedule, or for more information, go to www.squaremeals.org.

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Non-Food Ways to Raise Funds and Reward a Job Well Done



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A Quick and Easy Idea List to Inspire Schools and Parents



Food sales are common for school fundraising events. We're all familiar with lollipops for an "A" and cookies for taking the trash out. But many Texas kids today are overwhelmed with sugary food choices and face obesity and a future of serious health problems.

Creating activities that are not based on food can be a great way to encourage everyone — children, parents, teachers and school administrators—to think outside the candy box and leave that bake sale on the shelf. The Texas Department of Agriculture's Food and Nutrition Division offers the following easy, low cost alternatives for fundraising and rewards that generate both fun and great results.

EASY NON-FOOD FUNDRAISING IDEAS

Getting started is as simple as choosing an idea, modifying it to fit your needs and organizing your project. To help make your next fundraising project a true success, try including goals for parent and teacher participation in addition to the usual monetary goals. Project leaders can get the benefit of several points-of-view and plenty of helping hands, and participants may find new friendships and develop a greater sense of community. Make it fun and you'll see terrific attitudes, great participation and much-needed dollars!

SPONSORSHIPS

- Hold an academic contest where students solicit sponsors and raise money depending on the number of books read or math problems solved.
- Organize athletic events for students to earn funds based on the number of laps completed, distance traveled while keeping balance (for example, carrying an egg on a spoon or hopping on one foot) or number of points scored.

FINE ARTS

- Create an event where people pay a small ticket price to see a parent-teacher talent show, plays or concerts.
- Sell tickets for singing telegrams that students perform on Valentine's Day, Mother's Day or birthdays.
- Ask students to make scrapbooks, cookbooks or art and sell the items at school, through silent auctions or craft booths at local fairs.

A LITTLE WORK

- For older students in middle school and high school, partner with local merchants to offer donation-based gift wrapping services, car washes, dog/cat bathing or pet sitting.
- Sign up for after-event cleanup at stadiums or concert venues.



- For high school kids, arrange a “parents night out” and offer group babysitting for a fee.

OTHER IDEAS

- Ease back-to-school stress by buying school supplies in bulk, packaging for parents and delivering to students. Bulk buying will help save on up-front costs and parents will pay about the same for ready-made school supplies as they would if they purchased the items from the store.
- Work with local merchants and conduct a student fashion show with coupon giveaways for new clothes. A minimal ticket price could be charged for attendance.
- For more ideas on non-food fundraising, you can also go to www.nojunkfood.org.

EASY NON-FOOD REWARD IDEAS

As adults, we often “treat” ourselves after a rough day or a bad experience with a sweet indulgence or other food choice. The same can be true when we earn a promotion or close a sale. But we could choose to relax with a book, take a warm bath, watch a favorite movie or spend more time with loved ones. Just like us, students can find value in non-food rewards without missing cookies, candy or soft drinks. Recognition for good work is a great motivator and is always appreciated.

LET'S PARTY

- Parents can allow a sleepover or a few friends over after school to watch a video or play sports.
- Teachers can let students bring music and balloons for a class party after a big test or before winter vacation.
- Schools can sponsor an evening dance, a “DVD Day” for watching a movie or a pep rally to gear up for an important test.

FREE TIME

- At home, children can be allowed to help plan a special outing, decide on a bedtime story, pick games for family game night, choose a movie for the family to watch or select a sport everyone can play together outside.
- At school, students can be given time off on Friday afternoon, extra time in a favorite class area, class outside or an afternoon free of homework.

TREASURES

- Teachers and parents can keep a box of special toys, computer games or art supplies that can only be used on special occasions.
- Good behavior and academic excellence can be rewarded with movie tickets, coupons, gift certificates

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or discounts to skating rinks, bowling alleys and other active entertainment outlets.

- “Mystery” gift-wrapped items such as markers, coloring books, puzzles, games, jump ropes or hacky sacks can be provided for students to choose from. Students can also earn points for good behavior to purchase unique rewards, such as “lunch with the teacher” or autographed items with special meaning.

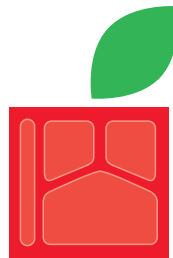
OTHER IDEAS

- Special field trips, lunchtime privileges (such as eating lunch in the classroom), extra credit, sitting by friends, listening to music while working at the

desk and one-on-one time with the teacher are other ways to motivate and inspire children to excel.

- The power of a simple “thanks for helping” or “you did a great job” to a deserving student is often underestimated. Respect and words of appreciation can go a long way.

We hope all of these tips provide a springboard for your own approach. But, this is just the beginning. Inspire us with your success stories and share your great ideas! Write to us via e-mail at healthykids@agr.state.tx.us. The Texas Department of Agriculture’s Food and Nutrition Division will post the ideas and successes on our Web site at www.agr.state.tx.us.



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A Program of the Texas Department of Agriculture’s
Food and Nutrition Division

For more information, please call (512) 463-2076

P.O. Box 12847 • Austin, Texas 78711

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