

MAINE SCHOOL ADMINISTRATIVE DISTRICT #33

Nutrition Guidelines for Student Wellness

Nutrition Standards

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grain as the first ingredient; 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the following nutrients: Calcium, Potassium, Vitamin D, or dietary fiber.
- Meet the calorie limits:
 - Snack items: ≤ 200 Calories
 - Entrée items: ≤ 350 Calories
- Meet the sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- Meet the fat limits:
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Meet the sugar limits:
 - ≤ 35% of weight from total sugars in foods

Any beverage sold in schools must be:

- Plain water (with or without carbonation)—No portioning
- Unflavored low fat milk
- Unflavored or flavored fat free milk alternatives permitted by the National School Lunch Program/School Breakfast Program
- 100% fruit or vegetable juice (with or without carbonation)
- 100% fruit or vegetable juice diluted with water (with or without carbonation and with no added sweeteners)
- Elementary schools can sell up to 8 oz portions
- Middle schools and high schools can sell up to 12 oz portions

- High school only
 - Low and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water
 - “Lower Calorie” Drinks- Maximum 40 calories/8 fl oz.
 - “No Calorie” Drinks- Less than 5 calories/8 fl oz

Fundraising

- Food items that meet the nutrition requirements are not limited
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.

Legal References: Ch. 51 (Department of Education Rule, Child Nutrition Programs in Public Schools and Institutions)
Smart Snacks in Schools (US Department of Agriculture Food and Nutrition Service FNS-466)

Cross References: EFE – Competitive Food Sales
JJE – Fund-Raising Activities/Projects
JL – Wellness Policy

History: Adopted Meeting #780 April 7, 2003 (as policy EFE)
 Revised Meeting #837 April 2, 2007
 Revised Meeting #998 December 4, 2017