

Lytle ISD	
Administrative Regulation	Child Nutrition Regulation FMNV

### 1. The Texas Public School Nutrition Policy

- As of August 1, 2004, all Texas public schools participating in the National School Lunch Program must comply with the nutrition policies outlined in the Texas Public School Nutrition Policy. This policy, which is enforced by the Texas Department of Agriculture, contains regulations and guidelines dealing with Foods of Minimal Nutritional Value (FMNV), nutrition standards, portion sizes, and competitive foods and snacks for all public school grade levels.
- Detailed information regarding the Texas Public School Nutrition Policy may be found at the following website: [www.squaremeals.org](http://www.squaremeals.org). The website for the Texas Department of Agriculture is: [www.agr.state.tx.us](http://www.agr.state.tx.us).

### 2. Foods of Minimal Nutritious Value ( FMNV)

**Soda Water:** 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 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

- In accordance with Texas Public School Nutrition Policy guideline, the availability of Food of Minimal Nutritional Value (FMNV) in public schools is regulated or prohibited according to the following schedule:

\* Elementary and Primary Schools

FMNV are not allowed at any time anywhere on school premises by anyone (including a guest speakers) until after the end of the last class or the day.

\* Junior High School

FMNV not allowed to be provided to students any time anywhere on school premises by anyone (including a guest speaker) until after the last scheduled class.

\* High School

FMNV not allowed to be provided to students any time anywhere on school premises by anyone (including a quest speaker) until the last scheduled class.

- Lytle ISD does not pick 3 event days where FMNV can be give to students. Lytle ISD is trying to instill in the students the importance of health meals and snacks. Field trips are counted as scheduled school days.
- The exemption for FMNV rules as outlined in the TDA policy are limited to the following :
  - \* The FMNV rules do not apply to school nurses using FMNV during the course of providing health care to individual students.
  - \* Special Needs Students whose IEP plan indicates the use of a FMNV or candy for behavior modification or other suitable need.

### 3. Competitive Foods

Competitive Foods are defined in the Texas Public School Nutrition Policy as all foods and beverages that are not provided by School Food Service Department

- \* Competitive food include food and beverages sold or provided in vending machines, in school stores not operated by the school’s food service program or as part of school fundraisers.

- Competitive foods are prohibited or restricted from being provided to students during the times designated as follows

\* Elementary and Primary 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.

\* Junior High Not allowed anywhere on school premises from 30 minutes before or 30 minutes after meal periods. All Food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.

\* High School Not allowed during meal periods in areas where reimbursable meals are served and consumed.

Teachers may use competitive food for instructional purposes in the classroom provided the food items are not FMNV

Neither a campus administrator nor any other person, such as representatives of booster clubs or PTA's may sell competitive foods during the restricted times indicated above under competitive foods.

With regard to competitive food, there is no distinction between foods that are sold and foods that are given away

#### 4. Definition of School Day

- The school day is defined as beginning with the start of the first breakfast period until the end of the last instruction period of the day.
- School activities that occur after the normal school day are not covered by either the Texas Public School Nutrition Policy or this administration.
- Campus - approved field trips are not exempt from the School Nutrition. It is still a school day and should follow the FMNV restrictions.
- Regulations do not apply to students who leave campus to travel to athletic, UIL, band, or other competitions. The School Day is considered to have ended for these students. Lytle ISD Food Service can provide snacks and meals as needed. Lytle ISD is a school district that advocates nutrition.

#### 5. Fundraisers and Food

- No Food Fundraising will be allowed on an Elementary or Primary campus during the school day. Elementary and Primary schools or school approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day.
- Junior High and High School campuses, the nutrition standards in the Texas Public School Nutrition Policy apply to any food fundraising that takes place during the school day
- \*\* At the middle of high schools, the restrictions noted under competitive foods above apply.
- \*\*School Fundraisers include foods sold by school administrators or staff, students or student groups, parents or parents or parent groups, or any other person, company or organization.

#### 6. Parents, Parties, Pizza and Prohibitions

- Parents may not bring food and refreshments during the school day for any child other than their own except under the following circumstances:
  - \* Nutritional Snacks in accordance with the guidelines of the Texas Public School Nutrition Policy may be provided by parents if authorized by campus principal. Lytle ISD only allows snacks that are prepackaged in individual servings that meet the nutrition guidelines.
  - \* Classroom Birthday parties are specifically allowed by the Texas Public School Nutrition Policy. Lytle ISD restricts the Birthday to cup cakes from a licensed vendor and if a beverage is given it must be 100% Fruit Juice.
  - \* Birthday Parties should be scheduled after the end of the class's lunch period so that these parties do not replace a nutritious lunch provided through the school's food service program.
- The Texas Public School Nutrition Policy does not apply to sack lunches or other meals brought to school by the student from home and no parent may bring food to school for students other than their own.

**Pizza Party:** At the Elementary and the Primary a class or the school may not have a pizza party or other type of food event where the pizza or other type of food is provided by someone other than the school food service any time before the last bell rings for the school day.

However the school's food service may cater a reimbursable meal to a classroom or the school where the pizza is one of the components of the reimbursable meal.

At the Junior High Pizza Party 30 minutes before or 30 minutes after lunch periods. They must comply with the no more than 23 grams of fat.

At the High School Pizza Party during Lunch Period not allowed in the Lunch Room Area where a Reimbursable Meal is being served and consumed.

#### 7. Field Trips and Food

- School approved field trips are exempt from the nutrition policy. Lytle ISD has a zero FMNV even on field trips because it is still considered a school day.
- Schools are prohibited from removing students from campus for the sole purpose of intent of serving food to students that are in violation of the Texas Public School Nutrition Policy or administrator regulations.

#### 8. Snacks at School

- Elementary and Primary classrooms may serve one nutritious snack per day in the morning or afternoon, not during lunchtime, under the classroom teacher's guidance.
  - \* These snacks may be provided by the school food service, the teacher, parents or other groups.
  - \* The term snack and snacks have the sole meaning and intent as expressed in the Texas Public School Policy.

\* Snacks provided hereunder shall comply with the nutritional guidelines of the Texas Public School Nutrition Policy and must not be considered FMNV

- Schools and parents are permitted to provide additional nutritious snack per day for students taking the TAKS tests.
  - \* The snack must comply with the limits of the Texas Public School Nutrition Policy for fat and sugar.
  - \* The snack will not contain and FMNV or consist of candy, chips, or dessert type hereunder should be provided at no cost to students.

Healthy Snack ideas can be found on the web at [www.squaremeals.org](http://www.squaremeals.org)

Portion Chart and Regulations found on the web site [www.squaremeals.org](http://www.squaremeals.org)

Chips - Lytle ISD serves only Baked Chips

Fries – Lytle ISD serves only Baked Fries

Snack Mixes should be no more than 1.5oz per serving.

Cookies and Cereal Bars no more than 2oz per serving

Muffins and Baked Products no more than 3 oz per serving

Ice Cream, Frozen Yogurt, Pudding, or Gelatin no more than 4oz. per serving

Milk no more than 8 oz per serving

Beverage other than milk 12oz and no more than 30 grams sugar. Juices must be 100% juice. No limit on water.

Lytle ISD's Slogan is **Feed'u Right and Keep'm Bright**

Be aware that stricter penalties are now in place when violations of the Texas Public School Nutrition Policy are identified. If the State has a finding at a campus, that campus's school lunch and breakfast reimbursement for that day is pulled and it can be pulled up to 4 weeks. That campus must pay the Food Service Department any loses. This could be over \$20,000. If you have any questions please email [mwagoner@lytleisd.com](mailto:mwagoner@lytleisd.com). Or go to [www.squaremeals.org](http://www.squaremeals.org) and read the Texas Public School Nutrition Policy Implementation Schedule.

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