



## Nutrition Standards

(In Accordance to Ohio Senate Bill 210)

Kings Local Schools Nutrition Standards must be met for all a la carte sales of beverages and foods sold to students within Kings Local School District. Compliance to standards set forth are required during the regular school day, as well as during periods before or after the school day in which students are participating in school-sponsored extra-curricular activities, academic or enrichment programs, or latch key programs. This includes foods and beverages sold through the Food Service Department as well as any other organization or person(s).

The Nutrition Standards apply only to "a la carte" items which are individually priced food and beverage items available for sale to students through the school breakfast or lunch program, vending machines located on the school property, or a school store.

The Nutrition Standards do not apply to food or beverages that are part of a complete meal provided through a federally subsidized breakfast or lunch program and are being sold individually in a serving portion of the same size as in the complete meal. They also do not affect foods and beverages sold in connection with a school-sponsored fundraiser or other event outside of the regular school day or in conjunction with an interscholastic event. Finally, they do not apply to vending machines that are accessible only to staff members. However, offering foods and beverages that meet these standards is highly recommended.

Sales of food or beverages in competition with the meal service of the Food Services Department are prohibited by board policy in conjunction with federal law.

Meal Periods:

Breakfast - 7 a.m. to 9 a.m.

Lunch - 10:30 a.m. to 1:30 p.m.

Competitive sales are prohibited during these time periods.

Kings Local School District has a licensed, registered dietitian on staff that has approved the standards set forth. Food and Beverage Standards are in compliance with Alliance for Healthier Generation and with Ohio Senate Bill 210.

Sales of candy and other foods and drinks outside of the regular or extended school day are at the discretion of the school's wellness committee. However, healthy food choices for fundraising or non-food based fundraising are highly recommended.

Meals served through the National School Breakfast/Lunch Food Service Programs will meet, at a minimum, nutrition requirements established by local, state and federal regulations and will conform to standards outlined within Alliance for Healthier Generation guidelines and those set forth by Ohio Senate Bill 210.

### **Contracts with Food or Beverage Vendors**

(Section 4)

If Kings Local School District enters into an exclusive contract with a vendor supplying food or beverages, the contract must comply with these "a la carte" food or beverage restrictions and standards.

### **Annual Compliance Report**

(R.C. 3313.814 D)

Each school principal or designee will send a list of all items vended and sold in school stores to the Food Service Director by April 1st of each school year. The Food Service Director will create an annual report regarding the district compliance with the standards and submit it to the State Department of Education and the Superintendent for submission to the Board by April 31st of each school year. The Superintendent shall schedule a presentation of the report at one of the regularly held Board meetings. The district shall make copies of the report available to the public upon request.

(R.C. 3313.814, 3313.816, 3313.817, 3314.03, 3301-91-09)

# School Beverage Guidelines

(R.C. 3313.816)

	<b>K-4</b>	<b>5th - 8th</b>	<b>9th - 12th</b>
Water	<b>Any size</b> (no added sugar, artificial sweeteners or sodium)	<b>Any size</b> (no added sugar, artificial sweeteners or sodium)	<b>Any size</b> (no added sugar, artificial sweeteners or sodium)
Plain Fat Free or Low Fat Milk	<b>8 oz.</b> (contain no more than 150 calories per 8 oz.)	<b>8 oz.</b> (contain no more than 150 calories per 8 oz.)	<b>16 oz.</b> (contain no more than 170 calories per 8 oz.)
Flavored Fat Free or Low Fat Milk	<b>8 oz.</b> (contain no more than 150 calories per 8 oz.)	<b>8 oz.</b> (contain no more than 150 calories per 8 oz.)	<b>16 oz.</b> (contain no more than 170 calories per 8 oz.)
100% Fruit Juice or 100% Fruit Juice Blend	<b>8 oz. 100% Juice</b> or <b>100% Fruit Juice Blend</b> (no added sweeteners, contain no more than 160 calories per 8 oz.)	<b>10 oz. 100% Juice</b> or <b>100% Fruit Juice Blend</b> (no added sweeteners, contain no more than 160 calories per 8 oz.)	<b>12 oz. 100% Juice</b> or <b>100% Fruit Juice Blend</b> (no added sweeteners, contain no more than 160 calories per 8 oz.)
Zero or Low Calorie Beverage	<b>Not Permitted</b>	<b>Not Permitted</b>	<b>Any size</b> (no more than 10 calories per 8 oz.) May include caffeinated beverages and beverages with added sweeteners

During the school and extended school day, at least 50% of the a la carte beverages available for sale through the school food service program, vending machines (except those that sell milk only), and school stores must be water or other beverages that contain no more than 10 calories per 8 ounces.

# School Snack Guidelines

(R.C. 3313.817 D)

ITEM	CALORIES			TOTAL FAT	SATURATED FAT	TRANS FAT	SUGAR BY WEIGHT	SODIUM
	K-4	5th - 8th	9th - 12th					
Dried Fruit with no added sugar	150	180	200	0 g	0 g	0 g	exempt	230 mg
Nuts - Seeds	150	180	200	exempt	exempt	0 g	35%	230 mg
Low fat & Fat free Dairy Products	150	180	200	35%	10%	0 g	35%	480 mg
Soups & Vegetables containing sauces	150	150	150	35%	10%	0 g	35%	480 mg
Snacks	150	180	200	35%	10%	0 g	35%	230 mg
Trail Mix	150	180	200	exempt	10%	0 g	35%	230 mg

Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.