

6.12.5 NMAC Nutrition: Competitive Food Sales Rule Grid

“Competitive Food” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

Vended Beverages and Foods			
<i>“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools.</i>			
Vended	Elementary	Middle	High
<u>Beverages</u>	<p><u>Allowed after the last lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed any time:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more than 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Allow any time:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>Allowed after the last lunch period:</u></p> <ul style="list-style-type: none"> • Sugar free/Caffeine free soft drinks (must be both) • Non-carbonated flavored water with no added sweeteners • Sports drinks

Vended	Elementary	Middle	High
<p><u>Foods</u></p>	<p>NONE</p>	<p><u>Allowed after the last lunch period.</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served 	<p><u>Allowed any time.</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served

<p>A La Carte (only during lunch period) “A la carte” means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture school meal program.</p>			
<p>A La Carte <u>Beverages</u></p>	<p>Elementary</p>	<p>Middle</p>	<p>High</p>
	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>
<p>A La Carte <u>Foods</u></p>	<p>Foods products sold in Elementary, Middle and High School only during the lunch period as a la carte sales must meet the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 400 calories per container or per package or amount served; and • No more than 16 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served and • No more than 30 grams of total sugar per container or per package or amount served. 		

Fund Raisers (Beverages/Food)

“Fund Raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or part of the United States Department of Agriculture school meal program.

Fund Raisers	Elementary	Middle	High
<p><u>During Normal School Hours</u></p> <p><u>Beverages</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>

<p>Fund Raisers</p> <p><u>During Normal School Hours</u></p> <p><u>Foods</u></p>	<p>Elementary</p>	<p>Middle</p>	<p>High</p>
	<p>NONE</p>	<p><u>Allowed as fund raiser except during lunch period</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served 	<p><u>Allowed as fund raiser except during lunch period</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served

<p>Fund Raisers</p> <p><u>Outside of Normal School Hours</u></p>	<p>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle and High Schools provided that at least 50 per cent of the offerings meet the following requirements:</p>	
	<p><u>Beverages:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. 	<p><u>Foods:</u></p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served