

## The Texas Nutrition Policy Allowances:

**School Nurses:** Nurses may use their judgment in giving students cough drops, mints or other foods otherwise restricted by the policy.

**Students with Special Needs:** Those whose Individual Education Program (IEP) plan includes the use of an FMNV or candy for behavior modification may be given food rewards.

**Three Specified School Events:** Schools may select up to three special event days for policy exemptions.

**TAKS Test Days:** An additional nutritious snack is permitted for TAKS test days.

**Field Trips** are exempt from the nutrition policy.

This policy does not restrict what parents may provide for their own child's lunch or snacks.

Plain water in any size container and 100% fruit juice that is no larger than 12 ounces may be served to students during the school day.



### Austin Independent School District

If you have any questions you may contact:  
Tracy Diggs, Health Coordinator  
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## Texas Nutrition Policy in AISD High Schools



# Texas Nutrition Policy

The Texas Nutrition Policy was developed in order to promote healthy nutrition environments in public schools for the benefit of students. This policy contains many restrictions on foods and some exemptions. The restrictions of the policy vary by campus levels. This flyer only addresses the policy as it applies to *high school campuses*. The policy only applies during the school day. It does not apply to after school activities or after school events.



## Texas Nutrition Policy Policy Restrictions:

- During breakfast and lunch periods.
  - \* Food may not be sold in the cafeteria or in areas where students consume meals during the meal periods. (No exemptions)
  - \* Food may not be given to students in the cafeteria or in areas where students consume meals during the meal periods.
  - \* The school may operate vending machines that sell plain bottled water and 100% fruit or vegetable juices not larger than 12 ounces during meal periods anywhere on campus.
  - \* Foods brought into the cafeteria are limited to what individual students bring for their own consumption.

- Foods of Minimal Nutritional Value (FMNV) may not be sold to students by anyone and may not be provided to students by school staff. (No exceptions)

### What are Foods of Minimal Nutritional Value? (FMNV)

- Soda Water-carbonated beverages regular or diet.
- Water Ices—frozen sweetened water with out fruit or juice.
- Chewing gum
- Certain Candies:
  - \* Hard Candy
  - \* Jellies & Gums
  - \* Marshmallow Candies
  - \* Fondant
  - \* Licorice
  - \* Spun Candy
  - \* Candy Coated Popcorn
- Restrictions to foods served in the school cafeteria include:
  - \* French fries or Potato Rounds may be served everyday and students may only be given one serving when they come through the line. For seconds they must come through the line a second time.
  - \* Foods containing more than 28 grams of fat may not be served more than twice per week.
  - \* Schools are to eliminate frying as a method of preparation by the 2005-2006 school year unless modifications are needed. (There are not any fryers in AISD school kitchens.)
  - \* The portion size restrictions below are applicable to beverages to beverages and snacks served by the cafeteria.



- Restrictions to foods served to students include:
  - \* Regular Chips: 1.25 oz. serving or less
  - \* Baked chips: 1.5 oz. serving or less and not more than 5 grams of fat per ounce.
  - \* Crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels: 1.5 oz serving
  - \* Cookies/cereal bars: 2 oz serving or less
  - \* Bakery items such as pastries, muffins, cakes, and cupcakes: 3 oz serving or less
  - \* Frozen desserts, ice cream, pudding and jello: 4 oz serving or less
  - \* Whole milk, flavored or unflavored: 8 oz serving or less
  - \* Reduced fat milk: 16 oz serving or less may not contain more than 30 grams total sugar per 8 oz.
  - \* Beverages other than milk: 12 oz serving or less may not contain more than 30 grams total sugar per 8 oz.
  - \* Unflavored bottled water: No restrictions on serving size
  - \* Candy bars and pre-packaged candies: 1.5 oz or less
  - \* French Fries or potato rounds may not be larger than 3 oz servings
  - \* No fried foods are allowed to be served.
  - \* No items larger than 28 grams of fat may be served more than twice in one week.

