

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.

A parent or grandparent may provide food for their child or grandchild's birthday.

A parent or grandparent may provide food for a school-designated function.



Austin Independent School District

If you have any questions you may contact:
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Texas Nutrition Policy in AISD Middle 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 with some exemptions. The restrictions vary by campus levels. This flyer only addresses the policy as it applies to *middle 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 Restrictions:

- During breakfast and lunch periods.
 - * Food may not be sold during the meal periods for fund raising activities anywhere on campus. (No exemptions)
 - * Food may not be given to students during the meal periods anywhere on campus.
 - * 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 without fruit or juice.
- Chewing gum
- Candy
- Restrictions to foods served in the school cafeteria include:
 - * French fries or Potato Rounds may not be served more than three times a week 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. A serving of French fries or potato rounds may not be greater than 3 ounces.
 - * 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 between breakfast and lunch and after the last lunch period include:
 - * Regular Chips: 1 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, non FMNV candy and pre-packaged candies 1.5 oz. or less (may not be sold until after the last lunch period)
 - * 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.

