

Food & Beverage Recommendations

**For meeting the New Mexico Nutrition Rules
for Competitive Foods**

Vending machines, a la carte sales and fundraisers



APS Food & Nutrition Services

April 2006



APS Food & Nutrition Services is pleased to offer these food and beverage recommendations to help you implement the New Mexico Nutrition Rules for Competitive Foods. This list is not exhaustive, but serves to get you started.

The product list provides specific examples of foods and beverages meeting the guidelines. Different brands and manufacturers of similar products may or may not meet the guidelines. In addition, products change and nutrient profiles will change as more products are developed to meet the needs of consumers trying to eat healthier. Be sure to examine each product's nutrition label. Work with your local vendor or distributor to identify specific products meeting the guidelines that are available to you.

Both of these lists will be included with additional resources in a school wellness implementation guide/toolkit that will be made available at the beginning of the 2006-07 school year. To help you implement the NM Public Education new school wellness requirements, we are also offering school wellness policy trainings at ACE this July and at the beginning of the 2006-07 school year.

If you have any questions, please contact us at 345-5661.

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Beverages

Vending, a la carte & fundraisers

Elementary*

milk, 2% fat or less
soy milk
water

**allowed after last lunch period*

Middle School

milk, 2% fat or less
soy milk
water

100% fruit juice that has:

- no added sweeteners
- ≤ 125 calories/container
- ≤ 20 oz. serving size

High School

milk, 2% fat or less
soy milk
water

At least 50% fruit juice that has:

- no added sweeteners
- ≤ 125 calories/container
- ≤ 20 oz. serving size

Allowed after last lunch period in High School vending only:

Sugar free & caffeine free soft drinks
Non-carbonated flavored water with no added sweeteners
Sports drinks

What this means

- Elementary schools can only vend beverages after the last lunch period.
- The above beverages can be sold a la carte only during the lunch period in all school levels.
- Carbonated soft drinks cannot be sold during school hours, except in high schools after the last lunch period.
- Whether flavored or unflavored, 8, 10 or 16 ounce, milk can be no more than 2% fat.
- Soy milk, flavored or unflavored, 8, 10 or 16 ounce, is allowed; however, you are encouraged to compare labels to obtain products fortified with at least 300 mg of calcium.
- Juice regulations are different for middle and high schools.
- Beverages are allowed as fundraisers except during the lunch period.

Example Products

Vending, a la carte & fundraisers

Water – all brands

Milk, 2% fat or less, white or flavored

Soy Milk – look for brands fortified with calcium

Middle & High School only

100% fruit juice

Tropicana 6 oz. carton (Apple, Orange), Tropicana 100% 6.75 oz Pouch (Apple, fruit medley),
Tropicana 10 oz. 100% (Ruby Red Grapefruit), Minute Maid 100% 200mL drink boxes (all flavors),
Juicy Juice

High School only after the last lunch period in vending machines

Sugar free & Caffeine free soft drinks:

Diet Caffeine Free Pepsi, Caffeine Free Diet Mountain Dew, Sierra Mist Free, Diet Mug Root Beer, Diet
Mug Cream Soda, Tropicana Twister Diet Orange, Tropicana Sugar Free Lemonade, Sugar Free Fruit
Punch, Sugar Free Orangeade

Caffeine Free Diet Coke, Diet Sprite Zero, Fresca Diet Black Cherry, Fresca Diet, Fresca Diet Peach,
Barq Diet Root Beer

Sports drinks

Gatorade, Gatorade All-Stars, Powerade, Powerade Option

Food Vending

Elementary

No food vending allowed

Middle School

After the last lunch period only

Foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

High School

Allowed anytime

Foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 gms sugar/pkg

Foods exempt from these guidelines: nuts, seeds, cheese, yogurt and fruit

What this means

- Vending machines selling food are not allowed in elementary schools.
- Vending machines selling food are allowed in middle schools only after the last lunch period.
- Vending machines selling food are allowed in high schools at anytime.
- All foods sold in vending machines must meet the same nutrition criteria in middle and high schools.
- Nuts, seeds, cheese, yogurt and fruit can be sold even if they don't meet the nutrition criteria.
- Stocking machines with single serving packages will ensure they meet the nutrition criteria.

Example Products

Animal crackers
Baked chips
Beef jerky
Cereal bars
Cereal mix (i.e., Chex Mix)
Cheese sticks or single-serving packages
Corn nuts
Crackers
Dried fruit
Granola bars*

*look for oats as the first ingredient, not sugar

Graham crackers
Fresh fruit & veggies
Fruit cups or bowls
Fruit snacks
Nuts
Pickles
Pretzels
Pudding
Rice cakes
Seeds
Trail mix
Yogurt

A la Carte Foods & Beverages

Food products sold in elementary, middle, and high schools only during the lunch period as a la carte sales must meet the following guidelines:

- No more than 400 calories per container or package or amount served; and **
- No more than 16 grams of fat, no more than 2 grams of saturated and trans fat 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.**

** *with the exception of nuts, seeds, cheese, yogurt, and fruit*

The following beverages can be sold a la carte during the lunch period:

Elementary

milk, 2% fat or less
soy milk
water

Middle School

milk, 2% fat or less
soy milk
water
100% fruit juice that has:
- no added sweeteners
- ≤ 125 calories/container
- ≤ 20 oz. serving size

High School

milk, 2% fat or less
soy milk
water
At least 50% fruit juice that has:
- no added sweeteners
- ≤ 125 calories/container
- ≤ 20 oz. serving size

What this means

“A la carte” is a beverage or food product sold in schools to students during the lunch period that is not regulated by the United States Department of Agriculture’s school meal programs.

- A la carte foods have a higher calorie, fat, and sugar allowance because they are often intended or sold as main dish entrées.
- When evaluating a product containing nuts, seeds, cheese, yogurt, or fruit; subtract out the calories, fat, saturated fat, and sugars contributed by the exempted ingredient and then determine if the product meets the guidelines. For example, the cheese in a slice of pizza is not counted toward the calorie, fat, and sugar limit; only the crust, sauce, and additional toppings.
- A la carte beverages sold in elementary, middle, and high school must meet guidelines for vended beverages:
 - The only beverages elementary schools may sell a la carte during the lunch period are milk, 2% fat or less, soy milk, and water.
 - Juice regulations for a la carte beverages are different for middle and high schools.
 - Carbonated drinks, flavored water, and sports drinks may not be sold a la carte.

A la Carte Foods

Example Products

Grains (whole grain, low-fat, baked, single servings)

Whole grain muffins (1-3 oz)
Whole grain bagels (1-3 oz)
Baked tortilla chips (< 1.5 oz)
Baked chips (≤ 1.5 oz)
Rice cakes (≤ 1.5 oz)
Pretzels (≤ 1.5 oz)
Soft Pretzels (≤ 3 oz)
Popped popcorn without butter (≤ 3 cups)
Low-fat crackers (≤ 1.25 oz)
Low-fat granola bars (1-2 oz)
Cereal bars (1-2 oz)
Low-sugar cereals (1-2 oz)
Animal crackers (≤ 2 oz)

Meats, Beans, Nuts & Seeds (lean meats, single servings)

Almonds or Pecans (1 oz)
Peanuts (1 oz)
Pistachios (1 oz)
Walnuts (1 oz)
Sunflower seeds (1 oz)
Soy nuts (1 oz)
Corn nuts (1 oz)
Hummus Dip (2 oz)
Bean Dip (2 oz)
Peanut or nut butters (2 Tbsp)
Trail mix, nuts & fruit (≤ 1.75 oz)
Beef jerky (≤ 1 oz)

Combination Foods (contain 2 or more food groups, low-fat, non-fried, whole grain)

Bagels with low-fat cream cheese or nut butter (3 oz)
Sandwiches with whole grain bread, lean meats, low-fat cheese, &/or vegetables (no mayo or high fat sauce)
Tortilla wraps with lean meats, low-fat cheese, &/or vegetables
Pizza with low-fat cheese &/or vegetable toppings (≤ 5 oz)
Burritos with lean meats, low-fat cheese, beans, &/or vegetables (≤ 5 oz)
Chef salads with vegetables, lean meats, low-fat cheese, & 1 oz low-fat dressing
Hamburgers/Cheeseburgers with lean meat, whole grain bun, & vegetable garnish (no mayo or high fat sauce)
Grilled/baked chicken sandwiches on whole grain bun, & vegetable garnish (no mayo or high fat sauce)
Baked & low-fat chicken nuggets (≤ 3 oz)
Baked potato with vegetable or chili topping (no sour cream or butter)
Pasta with marinara sauce (≤ 1½ cup)
Bread sticks with marinara sauce (2 breadsticks)
Grilled or baked quesadilla with vegetables &/or low-fat cheese (no sour cream)
Fruit parfaits with fruit, low-fat yogurt, & granola
Tuna or chicken & crackers (light mayo)
Peanut butter & crackers (≤ 1.5 oz)
Soup (8 oz)

Dairy Products (low-fat or non-fat, single servings)

Low-fat or non-fat fruit or plain yogurt (6-8 oz)
Low-fat or non-fat cottage cheese (1/2 cup)
Low-fat cheese (1 oz)
String cheese (1oz)
Low-fat pudding cups (4 oz)
Low-fat frozen yogurt bars (≤ 3 oz)
Low-fat yogurt smoothies (≤ 10 fl. oz)

Fruits & Vegetables (no added fat, no added sugar)

Fresh fruits (apples, bananas, oranges, pears, grapes)
Fruit salad (cut-up fresh fruit served with low-fat yogurt dip or cottage cheese)
Canned fruit (packed in water or natural juices)
Unsweetened applesauce (4 oz)
Dried fruit (≤ 2 oz)
Fruit leather (½ -1 oz)
Frozen juice bars (≤ 3 oz)
Vegetables (baby carrots, celery sticks, broccoli with 1 oz low-fat dip)
Salad bowls (lettuce mix, carrots, cucumbers, tomatoes with 2 oz low-fat dressing)

Foods for Fundraisers

Elementary*

Not allowed during normal school hours

Middle School*

During normal school hours, except during the lunch period, foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

High School*

During normal school hours, except during the lunch period, foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

**Outside of normal school hours, food products may be sold as fundraisers by elementary, middle, and high schools provided that at least 50% of the offerings meet the above requirements.*

Foods exempt from these guidelines: nuts, seeds, cheese, yogurt and fruit

What this means

- Elementary schools can only sell foods as fundraisers outside of normal school hours.
- Outside of normal school hours, products that would not meet these guidelines could be sold, provided half of the foods offered meet the guidelines, and therefore provide a “healthy” option.
- Outside of normal school hours, fundraisers, such as meals, can meet these guidelines by creating a balanced meal. For example: Spaghetti or Pizza Dinner, include a tossed salad and fruit or salad and milk or water. Even if the entrée and a dessert do not meet the guidelines, the menu meets the 50% criteria.
- Beverages are allowed as fundraisers except during the lunch period.
- Nuts, seeds, cheese, yogurt and fruit can be sold even if they don’t meet the nutrition criteria.
- When checking product labels it is important to look for items that contain single servings.

Example Products

See also foods for vending

Low-fat pretzels
Fat free popcorn/popcorn balls
Trail mix, seeds or nuts
Granola bars
Crackers (whole grains are encouraged, i.e., whole wheat or graham)
Crackers, cheese or peanut butter
Fruit, fresh or dried
Fruit roll-ups
100% juice bars
Vegetable or fruit dippers with salsa, cheese, or yogurt sauce as dip
Cheese sticks
Yogurt
Beef jerky
Pickles

Example meals:

Sub sandwiches & fruit
Baked potato bar
Soup, salad, whole grain bread
Chili & cornbread

Reminders on campus liabilities:

- Prepare and store foods properly to prevent food borne illness.
- Severe food allergies affect 4-8% of children. The most common allergies are to milk, egg, soy, wheat, peanuts, tree nuts, fish, and shellfish.

Fundraisers

Examples of Non-food Products for Fundraisers

Use the following ideas to identify fundraising ideas that contribute to a healthier lifestyle.

Things that Promote the School

T-shirt/sweat shirt sale
Bumper stickers or decals
Student art sale
Cookbook made by the school
Coffee mugs or cups
Student directories
School frisbees
License plates or holders with school logo

Things You Can Sell

Candles
Coupon books
Magazine subscriptions
House decorations
Customized stickers
Animal rides
Ornaments
Batteries
Gift baskets
Valentine flowers
Newspaper space ads
Music CDs, videos, DVDs
Pedometers

Greeting cards
Holiday items
Flowers, bulbs
Books, calendars
Football seats
Pet treats/toys
Crafts, craft kits
Stone memorials
Hats
Mistletoe
Garage sales
Entertainment books

Giftwrap, bags
Cookbooks
Balloon bouquets
Buttons, pins
Plants
Tupperware
Emergency kits
Seasonal flags
Jewelry
Stationary
Bath accessories
Engraved bricks

Things You Can Do

Wrap gifts
Walk-a-thons
Singing telegrams
Penny wars (collect the most)
Festivals
Skate night/skate-a-thon
Grocery refund programs
Silent auction

Fun runs/jogs
Jump rope-a-thons
Carnival
Dances
Golf tournament
Craft fair
Recycle cell phones
School job fair

Bike-a-thons
Car wash (pre-sell tickets)
Rent-a-teen helper
Recycling cans/paper
Bowling night/bowl-a-thon
Talent show
Family dinners
Car magnets