



# Arlington

INDEPENDENT SCHOOL DISTRICT

*More Than a Remarkable Education*

## School Food Policies Facts

The Arlington ISD follows both state and federal guidelines for school food policies and Smart Snacks. All Arlington ISD schools may designate up to six exempt days per school year; however, school breakfast and lunch programs must operate as normal on designated exempt days. Food cannot be used as a reward or punishment for student behaviors unless it is detailed in a student's individualized education plan (IEP).

Smart Snacks must comply with USDA Nutrition Standards for Foods. Any food sold in school must:

- Be a whole grain rich grain product, or
- Have as the first ingredient a fruit, a vegetable, dairy product or protein food, or
- Be a combination food that contains at least one-half cup of fruit and/or vegetable, or
- Contain 10 percent of the DV of one of the 2010 Dietary Guidelines for Americans nutrient concerns (calcium, potassium, vitamin D or dietary fiber).

Foods must also meet nutrient requirements for calories, sodium, fat and sugar limits. For more information, visit [www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf) or

[www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snack](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snack). A Smart Snacks calculator can be found at [www.healthymeals.nal.usda.gov/smartsnacks](http://www.healthymeals.nal.usda.gov/smartsnacks).

### **The following are guidelines for AISD elementary schools:**

- Foods sold or given to students (on exempt and non-exempt days) must:
  - Be commercially prepared
  - Not be offered in competition with school meals
- Foods given to students do not have to meet USDA Smart Snack regulations.
- Foods cannot be sold to students during the school day. Food sold from last bell up to 30 minutes after the bell must meet USDA Smart Snack regulations. Nutritional information and the ingredient list must be kept on file at the school for any products sold during this time.
- Food sold 30 minutes after the last bell and beyond does not have to meet USDA Smart Snack regulations.

### **The following are guidelines for AISD secondary schools:**

- Foods sold or given to students (on exempt and non-exempt days) must:
  - Be commercially prepared
  - Not be offered in competition with school meals
- Any foods and/or beverages sold to students during the school day and up to 30 minutes after the last bell (other than exempt days) must comply with USDA Smart Snack regulations.
- Nutritional information and the ingredient list must be kept on file at the school for any products sold to students during the school day.