

# Student Food & Beverage Snack List

Always check with teacher prior to bringing any food items.

## Preferred Items •

(Items must meet guidelines unless exempt)

- Fresh Fruits and Vegetables
- Dried Fruit
- Canned Fruits
- Cheese
- Nuts, Seeds (consider allergies)
- Popcorn
- Peanut Butter (consider allergies)
- Yogurt
- Bakery Items (low fat muffins, bagels)
- Pretzels
- Graham Crackers
- Goldfish Crackers
- Yogurt covered raisins
- Frozen juice or fruit bars (no less than 50% juice)
- Trail Mix without candy
- Acceptable School Beverages

## Limited Items •

(Items must meet guidelines unless exempt)

- Baked Chips (Doritos, Chips, etc.)
- Granola bars
- Frozen Yogurt or Sorbet
- Cookies (low fat, low sugar)
- Smoothies

## Not Allowable •

(Items not meeting guidelines)

- Soda
- Candy
- Gum
- Fried Chips (Potato, Doritos, Cheetos etc.)
- Food at Birthday or Personal Celebrations
- Daily food rewards

\* These lists are not intended to be all inclusive.

# SMUSD Food & Beverage Guidelines

## Allowable Snack

A food item that contains:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% sugar by weight
- Not more than 175 calories for elem. students
- Not more than 250 calories for secondary students

## Exempt snacks include:

Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables (not deep fried) and legumes. These items can be served as snacks without meeting the definition above.

## Acceptable School Beverages

Beverages that are:

- Drinking Water - no added sweetener
- Fruit or Vegetable -based drinks - no less than 50% fruit or vegetable juice and no added sweetener
- Milk 2%, 1%, nonfat, soy, rice and nondairy milk
- Electrolyte replacement drink secondary

# SMUSD Resources

## Website Information:

[www.smusd.org/cnServ/cnServDL.html](http://www.smusd.org/cnServ/cnServDL.html)

- Snack Calculator
- Wellness Policy
- Fun alternatives for food

## Nutrition Information

- CNS Nutrition Library 752-1269
- Herbie Smith, CNS Nutrition Supervisor 752-1269
- Dena England, CNS Director 752-1250

# San Marcos Unified School District



# Wellness Policy

San Marcos Unified School District recognizes the link between student health and learning, and has developed a Wellness Policy for the District that will promote student health through nutrition education, nutrition guidelines and physical education and activity.



# Nutrition Education

The District's standards and goals are designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

## **Nutrition Education will be:**

- Based on current research in compliance with Federal Laws and Regulations
- Aligned with State frameworks in subjects such as: Mathematics, Science, English & Language Arts, History & Social Studies and Visual & Performing Arts
- Integrated into core academic subjects
- Provided to parents, teachers and administrators through communication and outreach.

Nutrition Education Outreach shall emphasize the relationship between student health and academic performance.

The Child Nutrition Services Department will provide nutrition education and support to students, parents, teachers and the community.



# Nutrition Guidelines

San Marcos Unified School District believes that food and beverages available to students 1/2 hour before, during and through 1/2 hour after school should:

- Support the Health Curriculum
- Promote Optimal Health
- Maintain the National School Breakfast, Lunch and Snack Program
- Follow all Safe Food Handling Procedures

## **Nutrition guidelines adopted by the district shall apply to:**

- Fundraising
- Organization sales
- On Site Vending
- Daily Rewards
- Classroom Reward or Celebrations
- Classroom Educational Events
- Birthday or Personal Celebrations
- Marketing

The National School Breakfast, Lunch and Snack Program will follow all Federal and State regulations.



# Physical Education & Activity

The District's standards and goals shall be based on current research, state and federal regulations, and designed to maintain health and performance.

## **Physical education programs will promote:**

- Optimal physical fitness
- Skill development to interpret and understand basic health information

## **Physical activity opportunities shall be provided on a regular basis through:**

- Physical education
- Recess
- School athletic programs
- Club programs
- Before and after school programs
- Other Structured and unstructured activities

Communication shall be developed to encourage consistent physical educational messages that emphasize the relationship between physical fitness and academic performance.

