

What are the Smart Snack standards for middle school beverages in the David Douglas School District?

Water



Plain, carbonated or noncarbonated water:

No Limit

Low Fat Milk (unflavored)



Not to exceed:

10 ounces
190 calories

Non-Fat Milk (flavored or unflavored)



Not to exceed:

10 ounces
190 calories

Milk Alternative (nutritionally equal)



Not to exceed:

10 ounces
190 calories

Fruit/Vegetable Juice (unsweetened)



Full strength, not to exceed:

10 ounces
150 calories

Fruit/Vegetable Juice (unsweetened)



100% juice, diluted with water, not to exceed:

10 ounces
150 calories

Key Definitions

“**School day**” means a student education day beginning at midnight and ending at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.

“**School campus**” means all areas of property under the jurisdiction of the school that are accessible to students during the school day.

“**Snack**” means a food that is generally regarded as supplementing a meal and includes, but is not limited to, chips, crackers, onion rings, nachos, French fries, doughnuts, cookies, pastries, cinnamon rolls and candy.

Wellness Tips

- When students are in groups that combine levels, the nutrient standard for the youngest level should be used.
- Food items should not be used as rewards for students.
- Alternatives to food should be used as rewards for students.

District Wellness Policy

For complete details about food offerings and more, view the district’s wellness policy.

DAVID DOUGLAS SCHOOL DISTRICT



Smart Snacks Quick Reference Guide

Middle School Level



Food Standards

All food items must:

- **Be a grain product that contains 50 percent or more whole grains** by weight or have as the first ingredient a whole grain (e.g., flour, flake, meal); **or**
- **Have a fruit, a vegetable, a dairy product, or a protein as the first ingredient** (e.g., meat, beans, eggs, poultry, seafood, nuts, seeds); **or**
- **Be a combination food that contains 1/4 cup of fruit and/or vegetable; or**
- Have one of the food items above as the second ingredient *if water is the first ingredient*; **and**
- **Be caffeine-free**, except for naturally occurring trace amounts; **and**
- Meet **all** the food nutrient standards:

Middle School Nutrient Standards

Nutrient	Snack	Entrée
Calories	180 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 grams	0 grams
Sugar	35% by weight or less	35% by weight or less

Exemptions from the total fat nutrient standard*

- reduced fat cheese
- part-skim mozzarella cheese
- nuts
- seeds
- nut or seed butters
- products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
- seafood with no added fat

Exemptions from the saturated fat nutrient standard*

- reduced fat cheese and part-skim mozzarella cheese
- nuts
- products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Exemptions from the sugar nutrient standard*

- dried whole fruits or vegetables
- dried whole fruit or vegetable pieces
- dehydrated fruits or vegetables with no added nutritive sweeteners
- dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (e.g., cranberries, blueberries, tart cherries).

*food items exempt from one nutrient standard must still meet all other nutrient standards

Middle School Food Items That Are Always Acceptable

- ✓ Fresh, canned and frozen fruits or vegetables with no added ingredients except water.
- ✓ Fruit packed in 100% juice, extra light or light syrup.
- ✓ Canned vegetables that contain a small amount of sugar for processing purposes.
- ✓ Entrees in the same or smaller portion served on the day or the day following in the National School Lunch or School Breakfast Programs are exempt from the nutrient standards.

Other Foods That Are Offered to or Sold to Students

All foods and beverages sold or offered in classrooms or at school-sponsored activities during the school day must meet or exceed the Oregon Smart Snacks Standards.

This includes fundraisers on campus during the school day.

Getting Smart Snacks

An order form to request Smart Snacks from Nutrition Services is available on the Wellness page of the district website.