

Los Angeles Unified School District  
NUTRITION STANDARDS

These standards apply to **all** food items sold on school campuses and serve as a quick reference of existing laws regarding such sales. Future federal, state, and/or local laws may further supplement and/or replace the standards. This document replaces LAUSD School Board Rule 1533 on competitive food sales, LAUSD School Board Rule 2320 on health requirements concerning food prepared outside of school, “Junk Food” Policy, Bulletin No.C-49 regarding junk food, and Nutrition Practices for Student Services.

<b>ELEMENTARY, MIDDLE AND HIGH SCHOOLS</b>		
	<b>STANDARD</b>	<b>FEDERAL, STATE, OR LOCAL LAW</b>
<p>A LA CARTE AND FUNDRAISING SALES</p>	<p><b>The nutritional standards for all foods are effective at all school locations daily before the school day and until ½ hour after the end of the school day.</b></p> <div style="border: 1px solid black; width: fit-content; margin: 10px auto; padding: 5px; text-align: center;"> <p><b>BEVERAGES</b></p> </div> <p style="text-align: center;"><b><u>ALLOWED</u></b></p> <p><b>Fruit or Vegetable-Based Drinks</b> - must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Contains no less than 50% fruit or vegetable juices;</li> <li>➤ If juice concentrates are used, the prospective vendor must provide the dilution factor of the juice i.e. 5 to 1, etc.;</li> <li>➤ Contains no added sweeteners, artificial flavors or colors; and</li> <li>➤ May have carbonation <u>without</u> phosphoric acid;</li> </ul> <p><b>Drinking Water</b> – must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Contains no additives or sweeteners except those minerals normally added to tap water;</li> <li>➤ May have carbonation <u>without</u> phosphoric acid;</li> <li>➤ May have essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000; and</li> <li>➤ Contains no artificial sweeteners, flavoring, or colors.</li> </ul>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15576-15577 (Beverages)</p> <p>State: California Education Code 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732 – Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p>

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<p>A LA CARTE AND FUNDRAISING SALES (continued)</p>	<p style="text-align: center;"><b>BEVERAGES ALLOWED</b> (continued)</p> <p><b>Milk and Flavored Milks (the lacteal secretion from cows or goats) –</b> must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Must be pasteurized fluid types of flavored or unflavored low fat (1%), skim milk (fat-free), or cultured low fat or non-fat buttermilk;</li> <li>➤ Follows State and local standards for milk;</li> <li>➤ Contains vitamins A and D at levels specified by the Food and Drug Administration and consistent with State and local standards;</li> <li>➤ Contains a minimum of 25% Daily Value for calcium per 8 oz. portion.</li> <li>➤ Contains no more than 28 grams of sweetener per 8 fluid ounces; and</li> <li>➤ Contains no artificial sweetener.</li> </ul> <p><b>Soy Milk and Rice Milk –</b> must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Contain a minimum of 25% Daily Value for calcium per 8 oz. portion.</li> <li>➤ Contain no more than 5 grams of fat per 8 oz. portion</li> <li>➤ Fortified with calcium and vitamin B12 levels that are 15% to 60% of the RDA;</li> <li>➤ Contains Vitamin A and Vitamin D.</li> <li>➤ Contains no more than 28 grams of sweetener per 8 fluid ounces; and</li> <li>➤ Contains no artificial sweetener.</li> </ul>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15576-15577 (Beverages)</p> <p>State: California Education Code 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732-Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p>
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<p>A LA CARTE AND FUNDRAISING SALES (continued)</p>	<div style="text-align: center; border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>BEVERAGES</b> </div> <p style="text-align: center;"><b><u>ALLOWED</u></b> (continued)</p> <p><b>Electrolyte Replacement Beverage (Allowed in Middle Schools and High Schools Only)</b>– must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Contains no more than 42 grams of added sweetener per 20-ounce serving;</li> <li>➤ Water must be listed as the first ingredient.</li> <li>➤ Maximum volume is 20 ounces;</li> <li>➤ Contains a minimum of 10 milligrams, but not more than 110 milligrams of sodium per 8 ounces;</li> <li>➤ Contains a minimum of 10 milligrams, but not more than 60 milligrams of potassium per 8 ounces;</li> <li>➤ Osmolality does not exceed 400mOsm;</li> <li>➤ Electrolytes and minerals added might include the following: sodium, potassium chlorine and phosphorus;</li> <li>➤ Vitamins added are subject to approval by Food Services; and</li> <li>➤ Contains no artificial flavorings, caffeine, colors or sweeteners.</li> </ul> <p><b>Caffeinated Beverages</b> – must meet the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ Containing naturally occurring caffeine in cocoa with less than 20 milligrams of caffeine per 12-ounce serving; and</li> <li>➤ Contains no artificial sweeteners, flavorings, or colors.</li> </ul> <p><b>Definition of Added Sweeteners:</b> Any additive that enhances the sweetness of a beverage including, but not limited to the following:</p> <ul style="list-style-type: none"> <li>Sugar (raw, refined, unrefined, cane, brown, turbinado, white)</li> <li>Invert Sugar</li> <li>Sucrose</li> <li>Dextrin</li> <li>Cane Juice</li> <li>Honey</li> <li>Molasses</li> <li>Corn Syrup</li> <li>High Fructose Corn Syrup</li> <li>Aspartame</li> <li>Saccharin</li> <li>Sucralose (Splenda)</li> </ul>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15576-15577 (Beverages)</p> <p>State: California Education Code 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732- Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p>
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<p style="text-align: center;">A LA CARTE AND FUNDRAISING SALES (continued)</p>	<div style="text-align: center; border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>BEVERAGES</b> (continued)         </div> <p style="text-align: center;"><b><u>NOT ALLOWED</u></b></p> <p><b>Carbonated Beverages</b></p> <p>Except for those carbonated fruit juice and water products approved in the above section.</p> <p><b>Caffeinated Beverages</b></p> <p>Containing more than 20 milligrams of caffeine per 12-ounce serving, including coffee, tea, and chai.</p> <p><b>Beverages Containing Additives</b></p> <p>Additives such as herbal and non-vitamin supplements (including but not limited to ginkgo biloba, ephedra, ginseng, guarana, mahuang, etc.), food colorings and flavors not proven safe by the scientific community.</p> <p><b>Beverages Containing Vitamin and/or Mineral Supplements</b></p> <p>Including but not limited to chromium, magnesium, niacin, pantothenic acid, vitamin B6, vitamin E, and iron.</p> <p><b>Carbonated Sports Drinks</b></p> <p><b>Beverages in Glass Bottles</b></p> <p>For a list of approved beverages and/or to complete a “self-evaluation” to identify beverages that may be included on the approved list of beverages, please go to the Food Services Branch website at <a href="http://www.café-la.org">www.café-la.org</a>.</p>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15576-15577 (Beverages)</p> <p>State: California Education Code 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732- Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p>
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Los Angeles Unified School District  
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A LA CARTE  
AND  
FUNDRAISING  
SALES  
(continued)

**SNACKS**

**ALLOWED**

Snacks sold a la carte may include, but are not limited to, the following:

FOOD ITEM	MAXIMUM PORTION SIZE
<b>Snacks and Sweets</b> (including, but not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky);	1.5 ounces
<b>Cookies and Cereal Bars</b>	2 ounces
<b>Bakery Items</b> (e.g. pastries, muffins)	3 ounces
<b>Frozen Desserts, Ice Cream</b>	3 fluid ounces
<b>Other Entrée Items and Side Dishes</b> (including, but not limited to, French fries and onion rings). These items may not be the same items sold as part of a school meal at that school during the school day.	Cannot exceed the portion of those foods served as part of the school meal.

State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15575, 15577-15578 (Foods)

State: California Education Codes 49431- 49431.2

LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board

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<p>A LA CARTE AND FUNDRAISING SALES (continued)</p>	<p style="text-align: center;"><b>SNACKS</b></p> <p style="text-align: center;"><u>(continued)</u> <u>ALLOWED</u></p> <p><b>Snacks must meet the following nutrient standards:</b></p> <ul style="list-style-type: none"><li>➤ No more than 175 calories at elementary schools</li><li>➤ No more than 250 calories per snack at secondary schools</li><li>➤ No more than 400 calories per entrée at secondary schools**</li><li>➤ No more than 35% of total calories from fat (exception: nuts and seeds)</li><li>➤ No more than 10% of total calories from saturated fat</li><li>➤ No trans fats added in processing.</li><li>➤ No more than 35% added sugar by weight*</li><li>➤ No more than 600 milligrams of sodium per serving</li><li>➤ Legumes such as peanuts may not contain added sugars or fat.</li></ul> <p>* Fruit that is dried and contains added sugar is allowed only if the added sugar is part of the dehydration process or added to prevent caking and maintain flowability. Fruit that is canned, frozen, or individually portioned may not contain added sugar other than 100% fruit juice.</p> <p>** Entrees may not be sold at elementary schools.</p>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15575, 15577-15578 (Foods)</p> <p>State: California Education Codes 49431- 49431.2</p> <p>State: California Education Codes 49430.7 &amp; 49431.7</p> <p>LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board</p>
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<p>A LA CARTE AND FUNDRAISING SALES (continued)</p>	<div style="text-align: center; border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <b>SNACKS</b> </div> <p style="text-align: center;">(continued) <b><u>NOT ALLOWED</u></b></p> <p><b>Any snacks that do not meet any one or more of the nutrient standards listed on the previous pages.</b></p> <p><b>Food that has in any way been deep fried, par fried or flash fried in palm oil, coconut oil, palm kernel oil, or lard.</b></p> <p><b>Food that contains artificial trans fat added in processing.</b></p> <p><b>Canned Fruit packed in syrup or with added sweetener</b></p> <p><b>Snacks in glass containers.</b></p> <p>For a listing of approved snacks and/or to complete a “self-evaluation” to identify snacks that may be included on the approved list of snacks, please go to the Food Services Branch website at <a href="http://www.café-la.org">www.café-la.org</a>.</p> <p><b><u>Foods of Minimal Nutritional Value (FMNV)</u></b></p> <p><b>School administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization <u>cannot</u> sell FMNV to students on school premises.</b></p> <p><b>FMNV</b> include items such as soda water, water ices, chewing gum, certain candies (jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn).</p> <p>These include items that provide less than 5% of the Reference Daily Intake (RDI) per serving or less than 5% per 100 calories for each of the following eight nutrients: Protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.</p>	<p>State: California Code of Regulations- Title V, Division 1, Chapter 15, Subchapter 1, Article 6, 15575, 15577-15578 (Foods)</p> <p>State: California Education Codes 49431- 49431.2</p> <p>State: California Education Code 49430.7 &amp; 49431.7</p> <p>LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board</p> <p>Fed: USDA 7CFR, Part 210 and 220 (Appendix B)</p>
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<p style="text-align: center;">A LA CARTE AND FUNDRAISING SALES (continued)</p>	<div style="border: 1px solid black; display: inline-block; padding: 5px 15px; margin-bottom: 10px;"><b>SNACKS</b></div> <p>(continued) <b><u>NOT ALLOWED</u></b></p> <p><b>Foods of Minimal Nutritional Value (FMNV) (continued)</b></p> <p>The amounts below represent 5% of the RDI for the specified nutrients.</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th style="padding: 5px;">TARGET NUTRIENT</th> <th style="padding: 5px;">5% of the RDI</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Protein</td> <td style="padding: 5px;">2.5 grams</td> </tr> <tr> <td style="padding: 5px;">Vitamin A</td> <td style="padding: 5px;">250 IU</td> </tr> <tr> <td style="padding: 5px;">Vitamin C (Ascorbic Acid)</td> <td style="padding: 5px;">3 milligrams</td> </tr> <tr> <td style="padding: 5px;">Niacin</td> <td style="padding: 5px;">1.0 milligrams</td> </tr> <tr> <td style="padding: 5px;">Riboflavin</td> <td style="padding: 5px;">0.085 milligrams</td> </tr> <tr> <td style="padding: 5px;">Thiamine</td> <td style="padding: 5px;">0.075 milligrams</td> </tr> <tr> <td style="padding: 5px;">Calcium</td> <td style="padding: 5px;">50 milligrams</td> </tr> <tr> <td style="padding: 5px;">Iron</td> <td style="padding: 5px;">0.9 milligrams</td> </tr> </tbody> </table>	TARGET NUTRIENT	5% of the RDI	Protein	2.5 grams	Vitamin A	250 IU	Vitamin C (Ascorbic Acid)	3 milligrams	Niacin	1.0 milligrams	Riboflavin	0.085 milligrams	Thiamine	0.075 milligrams	Calcium	50 milligrams	Iron	0.9 milligrams	<p>Fed:     USDA 7CFR, Part 210 and 220 (Appendix B)</p>
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<p>COMPETITIVE FOOD SALES</p>	<p>“State agencies and school food authorities shall establish such rules or regulations as are necessary to control the sale of foods in competition with lunches served under the Program (National School Lunch and Breakfast Programs).”</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><b>FOOD SALES BY STUDENT ORGANIZATIONS</b></p> </div> <p><b>Elementary Schools</b></p> <p>Organizations selling food must be comprised <u>solely</u> of students from the school at which the food items are being sold.</p> <p>Only one food item per sale is allowed and the item must meet the following conditions:</p> <ol style="list-style-type: none"> <li>1. <b><u>There are not more than four such sales per year per school.</u></b></li> <li>2. The specific food item complies with federal laws, state laws, and Board of Education motions and rules regarding beverages and snacks sold on school campuses.</li> <li>3. The food sales do not begin until one half hour (30 minutes) or more after the end of the school day or sales are off of and away from school premises.</li> <li>4. The food sold is not prepared on the premises.</li> <li>5. The food sale may include fruit, non-fried vegetables, legumes, dairy products, or grain products as individual food items.</li> <li>6. The food item is not one sold in the food service program at that school during that school day.</li> </ol>	<p>State: California Administrative Code Title V, Article 1, Rule 15500-15501</p> <p>Education Code Sections 49431, 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732 – Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p> <p>LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board</p>
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<p>COMPETITIVE FOOD SERVICES</p> <p>(continued)</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>FOOD SALES BY STUDENT ORGANIZATIONS</b></p> </div> <p>(continued)</p> <p><b>Secondary Schools</b></p> <p>Organizations selling food must be comprised solely of students from the school at which the food items are being sold.</p> <p>Foods sold are for the Student Body or other fundraising purposes and meets the following conditions:</p> <ol style="list-style-type: none"> <li>1. The specific food item complies with federal and state laws regarding beverages and snacks sold on school campuses.</li> <li>2. A student organization(s) may be approved to sell food items at any time during the school day, including regularly scheduled food service period(s) as provided below:             <ol style="list-style-type: none"> <li>A. Only one organization, each school day, sells no more than three types of food or beverage items; and/or</li> <li>B. Any one or more student organizations may conduct <b><u>no more than four food sales of any food items during a school year at each school, but sales must be held on the same four days for any or all organizations.</u></b></li> </ol> </li> <li>3. Student stores may sell certain snack foods meeting specified nutritional standards during school hours. All other sales (except in the case of four fundraising occasions per year) are prohibited until after the end of the school lunch period.</li> <li>4. The food sold during the regular school day is not prepared on the premises.</li> <li>5. The food items sold during the regular school day are not those sold by the district in the food service program at that school during the school day.</li> </ol>	<p>State: California Administrative Code Title V, Article 1, Rule 15500-15501</p> <p>Education Code Sections 49431, 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732 – Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p> <p>LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board</p>
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<p>COMPETITIVE FOOD SERVICES</p> <p>(continued)</p>	<div style="border: 1px solid black; display: inline-block; padding: 5px 10px;"><b>EXCEPTIONS</b></div>	<p>State: California Administrative Code Title V, Article 1, Rule 15500-15501</p> <p>Education Code Sections 49431, 49431.5</p> <p>LAUSD: Motion to Promote Healthy Beverages, Adopted August 27, 2002, LAUSD School Board Bulletin No. BUL-732 – Board Adopted Motion to Promote Healthy Beverage Sales on School Campuses</p> <p>LAUSD: Childhood Obesity Prevention Motion, Adopted September 28, 2003, LAUSD School Board</p>
<p><b>Elementary</b></p> <p>Food items and beverages that do not comply with the above rules can only be sold under two circumstances:</p> <ul style="list-style-type: none"> <li>• Sale by students of the school <u>off</u> school grounds one half hour (30 minutes) or more after the end of the school day; or</li> <li>• Sale by students of the school <u>on</u> school grounds at least one half hour (30 minutes) after the end of the school day. Vending machines may not be used for such sales.</li> </ul> <p><b>Secondary</b></p> <p>Food items and beverages that do not comply with the above rules can only be sold under three circumstances:</p> <ul style="list-style-type: none"> <li>• Sale occurs off of and away from the school premises</li> <li>• Sale occurs during a school-sponsored pupil activity and takes place at the location of that event at least 30 minutes after the end of the school day.</li> <li>• The sale occurs using student stores and cafeterias on the premises and takes place at least 30 minutes after the end of the school day. Vending machines may not be used for such sales.</li> </ul>		

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<p>COMPETITIVE FOOD SERVICES</p> <p>(continued)</p>	<p style="text-align: center;"><b>FOOD SOLD NEAR SCHOOL CAMPUS</b></p> <p>Vendors may not sell food or beverages within <u>500 feet</u> of the nearest property line of any school. This includes, but is not limited to catering trucks or ice cream trucks.</p> <p>For schools located outside of Los Angeles city limits, vendors may not sell food or beverages within <u>1,000 feet</u> from any school property boundary.</p>	<p>County: Los Angeles Municipal Code Section 80.73</p> <p>Los Angeles County Ordinance 7.62.071</p> <p>LAUSD: Vendors at or Near School Campuses, Bulletin No. BUL 577, October 14, 2003, Office of Environmental Health and Safety</p>
<p>ADDITIVES</p>	<p><b>Beverages or snacks containing the following additives are not allowed:</b></p> <ol style="list-style-type: none"> <li>1. Monosodium glutamate</li> <li>2. Sodium Bisulfite/Sodium Metabisulfite/Sulfiting Agents</li> <li>3. Sodium Nitrate</li> <li>4. Tropical Oils (such as palm, palm kernel, and coconut oils)</li> <li>5. Added animal fats</li> </ol>	<p>LAUSD: Board of Education Policy- Nutrition Practices for Student Food Service, Revised October, 1989</p>
<p>SANITATION</p>	<p><b>Foods sold or served to students must be handled in a safe and sanitary manner.</b></p> <p><b>A food facility (location serving or preparing foods) must have a valid health permit.</b></p> <p>Each food facility must have an employee who has successfully passed an approved and accredited food safety certification examination.</p> <p><b>Foods Prepared Outside of School Premises</b> – such foods cannot be served on school campuses unless they comply with rules set forth by the School Board, National School Lunch Program, Student Health Services Division, the Los Angeles County Health Department, and California Uniform Retail Food Facilities Law.</p>	<p>State: California Uniform Retail Food Facilities Law (CURFFL), Article 3, Code 113920 (a) and 113923 (California Health Code)</p> <p>CURFFL, Article 1, Code 113716 (a), (1) and c (California Health Code)</p>

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NON-STUDENT FOOD SALES	Faculty organizations may make arrangements for vending machines in faculty rooms, provided that these machines are <b>not</b> accessible to students.																									
NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS	<p style="text-align: center;">Nutritional Requirements for Cafeteria Lunches</p> <p>The school meal provides <math>\frac{1}{4}</math> of the Recommended Daily Allowances (RDA) and <math>\frac{1}{3}</math> of the RDA for target nutrients at breakfast and lunch meals respectively.</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="3"><b>MINIMUM REQUIRED NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST AND LUNCH MEALS GRADES 4-12, AGES 9 AND OLDER</b></th> </tr> <tr> <th><b>TARGET NUTRIENT</b></th> <th><b>BREAKFAST</b></th> <th><b>LUNCH</b></th> </tr> </thead> <tbody> <tr> <td>Energy Allowances (calories)</td> <td>554</td> <td>785</td> </tr> <tr> <td>Protein (g)</td> <td>10</td> <td>15</td> </tr> <tr> <td>Calcium (mg)</td> <td>257</td> <td>370</td> </tr> <tr> <td>Iron (mg)</td> <td>3</td> <td>4.2</td> </tr> <tr> <td>Vitamin A (RE)</td> <td>197</td> <td>285</td> </tr> <tr> <td>Vitamin C (mg)</td> <td>13</td> <td>17</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>➤ Total fat may not exceed 30% of calories averaged over one week.</li> <li>➤ Saturated fat may not exceed 10% of calories averaged over one week.</li> <li>➤ Sodium may not exceed 1500 milligrams per individual meal, and no more than 1500 milligrams per meal averaged over a one week period.</li> <li>➤ Trans fat added in processing is not allowed.</li> <li>➤ Limit the number of entrees available with more than 15% total calories from saturated fat.</li> <li>➤ Limit sugar in cereals to no more than 7 grams per ounce.</li> </ul>	<b>MINIMUM REQUIRED NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST AND LUNCH MEALS GRADES 4-12, AGES 9 AND OLDER</b>			<b>TARGET NUTRIENT</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	Energy Allowances (calories)	554	785	Protein (g)	10	15	Calcium (mg)	257	370	Iron (mg)	3	4.2	Vitamin A (RE)	197	285	Vitamin C (mg)	13	17	<p>Fed: United States Department of Agriculture (USDA) 7 Code of Federal Regulations (CFR), Parts 210, 210.10, 220 and 220.8</p> <p>LAUSD: Board of Education Policy- Nutrition Practices for Student Food Service, Revised October, 1989</p> <p>LAUSD: Board of Education Cafeteria Improvement Motion, Adopted December 13, 2005</p>
<b>MINIMUM REQUIRED NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST AND LUNCH MEALS GRADES 4-12, AGES 9 AND OLDER</b>																										
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