

Bend La Pine Schools Guideline for Vending and Foods Sold in Schools

Elementary School Snack Limits	Middle School Snack Limits	High School Snack Limits
No snacks at Elementary School level	No snacks at Middle School level	200 calories
		<35% calories from fat, 10% from Saturated fat: Exceptions: nuts, eggs, cheese, non-fried vegetables, legumes, and seeds.
		<35% sugar by weight does not apply to fruit and vegetables
		Trans fat \leq 0.5 grams
Elementary School Beverage Limits	Middle School Beverage Limits	High School Beverage Limits
No Beverages at Elementary School level	Water: no limits	Water: no limits
	1% Low-fat and non-fat milk: 10 oz maximum \leq 150 calories per 8 oz	1% Low-fat and non-fat milk: 12 oz maximum \leq 150 calories per 8 oz
	100% fruit or vegetable juice; no added sweeteners 10 oz maximum \leq 120 calories per 8 oz	100% fruit or vegetable juice; no added sweeteners 12 oz maximum \leq 120 calories per 8 oz
	Diet Sodas and Sports Beverages: Not allowed	Carbonated Beverages and Soft drinks 12 oz \leq 66 calories per 8 oz
	No calorie or low calorie Beverages: Not allowed	No calorie or low calorie Beverages: \leq 10 calories per 8 oz