

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

OVERVIEW OF OREGON SMART SNACKS:

Beverages	Grade K-5	Grade 6-8	Grade 9-12
Water <i>Plain with or without carbonation</i>	All grades – No size limits Caffeine allowed for Grades 9-12 only		
Flavored Water	May not be sold	May not be sold	20 oz. 0 calories (May contain caffeine)
Fruit or Vegetable Juice <i>Full strength, With or without carbonation, unsweetened</i>	≤ 8 fl. oz. 120 calories (15 kcal/oz.)	≤ 10 fl. oz. 150 calories (15 kcal/oz.)	≤ 12 fl. oz. 180 calories (15 kcal/oz.)
Diluted Juice with water only, With or without carbonation, No added sugar or sweeteners	≤ 8 fl. oz. 120 calories (15 kcal/oz.)	≤ 10 fl. oz. 150 calories (15 kcal/oz.)	≤ 12 fl. oz. 180 calories (15 kcal/oz.) (May contain caffeine)
Milk <i>Low-fat (1%) unflavored, or fat-free unflavored or flavored</i>	≤ 8 fl. oz. 150 calories (18.75 kcal/oz.)	≤10 fl. oz. 190 calories (18.75 kcal/oz.)	≤ 12 fl. oz. 225 calories (18.75 kcal/oz.) (May contain caffeine)
	<i>Including nutritionally equivalent milk alternatives as permitted by school meal requirements</i>		
Low or No Calorie Beverages <i>With or without carbonation and/or caffeine</i>	May not be sold	May not be sold	≤ 20 fl. oz. 10 calories maximum (≤ .5 kcal/oz.)
Other Beverages <i>With or without carbonation and /or caffeine</i>	May not be sold	May not be sold	≤ 12 fl. oz. 60 calories maximum (≤ 5 kcal/oz.) (May contain caffeine)

Snacks/Side Dishes	<ul style="list-style-type: none"> ➤ Be a whole grain-rich grain product; or ➤ Have as the first ingredient a fruit, vegetable, dairy product, or protein; or ➤ Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or 		
	Grades K-5	Grades 6-8	Grades 9-12
Serving Size	Single-serving, per item as packaged or served, including any condiments		
Calories per serving	≤150 calories	≤180 calories	≤200 calories

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Total calories from fat^a	≤35% of total product calories
Saturated fat^b	< 10% of total product calories
Trans fat	0 grams
Sugar content by weight^c	≤ 35% of total product weight
Sodium limit	≤ 200 milligrams (mg)
<p>Exceptions:</p> <p>^a Total calories from fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, nut butters, seeds, seed butters, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat when not part of a combination food.</p> <p>^b Saturated fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, when not part of a combination food.</p> <p>^c Sugar limit does not apply to products that consist of only dried fruit with nuts and/or seeds with not added nutritive sweeteners or fat, dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.</p>	

Updated: 12/20/2019