



Tucson Unified School District
Approved Snack Foods

District Nutrition Standards
Foods and Beverages Guidelines for Pre-K – 8th Grade

Beverages

Choose from the following list of beverages for beverages that can be available to students prior to and during the school day.

- 100% fruit juice 8 oz serving maximum size for grades pre-K-5 and 12 oz serving maximum size for grades 6-8.
- Milk not to exceed 2% milk fat and 4 grams of sugar per ounce in flavored milk in a maximum individual serving size of 12 oz for grades pre-K – 8.
- Water

Beverages Prohibited are:

- All beverages containing carbonation
- All products containing caffeine
- Whole Fat Milk (4% milk fat)
- Juice Drinks
- Sports Drinks/Isotonic – Electrolyte Replacement Beverages
- Energy Drinks

Foods

General requirements are:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids combined
- No more than 35% total sugar by weight
- Must contain 1 gram of fiber
- Maximum of 400 calories per serving for entrée items sold a la carte or for fund raising
- Maximum of 300 calories per serving for all other items
- Maximum of 800 mg sodium for entrée items sold a la carte or for fund raising
- Maximum of 600 mg sodium for all other snack items.
- No deep-fat fried chips or crackers
- Final preparation method cannot be deep-fat fried
- Chips and cracker portions cannot exceed 1.5 ounces.
- Baked goods such as muffins, sweet rolls, and pastries must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 3 ounces.
- Baked goods such as cookies, bars and brownies must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 2 ounces.
- Nuts and seeds cannot exceed a serving size of 2 ounces.
- Cheese cannot exceed a serving size of 2 ounces.
- Non-frozen yogurt cannot exceed a serving size of 8 ounces.
- Frozen desserts and puddings cannot exceed a serving size of 3 ounces
- 100% fruit juice Fruit Smoothies cannot exceed a serving size of 12 ounces.
- Candy is prohibited



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District Nutrition Standards
Foods and Beverages Guidelines for Grades 9 - 12

Beverages

Choose from the following list of beverages for beverages that can be available to students prior to, during and after the school day. See District Fund Raising Policy and Regulation for time of day limits for fund raising.

- 100% fruit juice serving maximum size 12 oz serving for grades 9-12.
- Milk not to exceed 2% milk fat and 4 grams of sugar per ounce in flavored milk in a maximum individual serving size of 12 oz for grades 9- 2.
- Milk and dairy-based beverages with natural sweeteners in a maximum individual serving size of 12 oz for grades 9-12
- Beverages with natural, non-calorie sweeteners for grades 9-12 but should constitute less than 50% of products available.
- Caffeine containing beverages not defined as Foods of Minimal Nutritional Value maximum serving size of 12 ounces in volume and caffeine content no higher than a common, regular strength coffee brand level for 6 oz serving.
- Water

Beverages Prohibited are:

- All beverages defined by law as Foods of Minimal Nutritional Value.
- All beverages with carbonation during the meal period.
- Products with caffeine that exceed the limits stated above
- Whole Fat Milk (4% milk fat)
- Juice Drinks
- Sports Drinks/Isotonic – Electrolyte Replacement Beverages prior to and during the school day. May be available after the school day at non-public events.
- Energy Drinks

Foods

General requirements are:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids combined
- No more than 35% total sugar by weight
- Must contain 1 gram of fiber
- Maximum of 400 calories per serving for entrée items sold a la carte or for fund raising
- Maximum of 300 calories per serving for all other items
- Maximum of 800 mg sodium for entrée items sold a la carte or for fund raising
- Maximum of 600 mg sodium for all other snack items.
- No deep-fat fried chips or crackers
- Final preparation method cannot be deep-fat fried
- Chips and cracker portions cannot exceed 1.5 ounces.
- Baked goods such as muffins, sweet rolls, and pastries must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 3 ounces.
- Baked goods such as cookies, bars and brownies must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 2 ounces.
- Nuts and seeds cannot exceed a serving size of 2 ounces.
- Cheese cannot exceed a serving size of 2 ounces.
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Arizona Nutrition Standards Arizona Revised Statute 15-242

You can access the Arizona Nutrition Standards from the Arizona Department of Education website. www.ade.az.gov/health-safety/cnp/HB2544/Default.asp Use the Nutrient Standards Calculator available from Arizona Department of Education to learn if a food or beverage you are interested in using is permitted. www.ade.az.gov/NutritionStandards

District Nutrition Standards Reference List of Snack Foods from Retail Sources

The best way to determine if a food or beverage meets the District Nutrition Standards which include the Arizona Nutrition Standards is to use the [Nutrient Standards Calculator](http://www.ade.az.gov/health-safety/cnp/HB2544/Default.asp) available on the Arizona Department of Education website. The link to the [Nutrient Standards Calculator](http://www.ade.az.gov/health-safety/cnp/HB2544/Default.asp) is www.ade.az.gov/health-safety/cnp/HB2544/Default.asp. If this link does not work for you, you can access the Nutrient Standards Calculator from the TUSD Food Services Department internet website.

Beverages

- 100% fruit juice 8 oz serving maximum size for grades pre-K-5 and 12 oz serving maximum size for grades 6-8.
- Milk not to exceed 2% milk fat and 4 grams of sugar per ounce in flavored milk in a maximum individual serving size of 12 oz for grades pre-K – 8.
- Water

Foods

General requirements are:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids combined
- No more than 35% total sugar by weight
- Must contain 1 gram of fiber
- Maximum of 400 calories per serving for entrée items sold a la carte or for fund raising
- Maximum of 300 calories per serving for all other items
- Maximum of 800 mg sodium for entrée items sold a la carte or for fund raising
- Maximum of 600 mg sodium for all other snack items.
- No deep-fat fried chips or crackers
- Final preparation method cannot be deep-fat fried
- Chips and cracker portions cannot exceed 1.5 ounces.
- Baked goods such as muffins, sweet rolls, and pastries must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 3 ounces.
- Baked goods such as cookies, bars and brownies must meet all other standards for sugar, fiber, fat and calories and cannot exceed a serving size of 2 ounces.
- Nuts and seeds cannot exceed a serving size of 2 ounces.
- Cheese cannot exceed a serving size of 2 ounces.
- Non-frozen yogurt cannot exceed a serving size of 8 ounces.
- Frozen desserts and puddings cannot exceed a serving size of 3 ounces
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Examples of Retail Products that meet standards on next page



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Examples of Retail products that meet the District Nutrition Standards (revised 10-11-2010)

Item Note some servings need to be portioned out from larger packages to meet standards; not all items shown below are single serving packages.	Serving Size (ounces)	Alternate Serving Size
Chocolate Teddy Grahams (individual packages)	1	1 bag
Honey Teddy Grahams (individual packages)	1	1 bag
Cinnamon Teddy Grahams (individual packages)	1	1bag
Safeway Fig Bars, whole wheat	1.2	2 each
Honeymaid Honey Grahams	1.1	8 crackers (2 full crackers)
Honeymaid Grahams Cinnamon	1.2	8 crackers (2 full crackers)
Honeymaid Low Fat Grahams Honey	1.2	8 crackers (2 full crackers)
Whole Grain Goldfish, Cheddar (6.6 oz bag)	1.1	55 pieces
Garden Cheddar Goldfish (6.6 oz bag)	1.1	55 pieces
Xplosive Pizza Goldfish (6.6 oz bag)	1.1	51 pieces
S'mores Adventure Goldfish (6.6 oz bag)	1.1	54 pieces
Goldfish Grahams, Vanilla (6.6 oz bag)	1.1	50 pieces
Goldfish Grahams, Honey (6.6 oz bag)	1.1	50 pieces
Red. Fat Wheat Thins (9 oz box)	1	16 crackers
Original Wheat Thins (10 oz box)	1.1	16 crackers
Triscuit Original (9.5 oz box)	1	6 crackers
Red. Fat Triscuit (8.5 oz box)	1.1	7 crackers
Special K Multigrain Crackers (8 oz box)	1.1	24 crackers
Special K Savory Herb Crackers (8 oz box)	1.1	24 crackers
Wheat thins Toasted Chips, Multigrain (8.1 oz bag)	1	14 chips
Smart Food Popcorn Clusters, Cranberry Almond (indiv. Pkg)	1	1 bag
Smart Food Popcorn Clusters, Honey Multigrain (indiv. pkg)	1	1 bag
Smart Food Popcorn Clusters, Chocolate Cookie Caramel Pecan	1	1 bag
Original Chex Mix (8.75 oz bag) (portioned out to equal=)	1	1/2 cup
Cheddar Chex Mix (8.75 oz bag) (portioned to equal=)	1.1	1/2 cup
Sweet n' Salty Honey Nut Chex Mix (8.75 oz bag)	1.1	1/2 cup
Rold Gold Pretzels Tiny Twists	1	17 each
Rold Gold Pretzels Sticks	1	48 each
Rold Gold Cheddar Tiny Twists	1	20 each
Baked Ruffles Original (9 oz bag)	1	9 chips
Baked Ruffles Cheddar & Sour Cream (9 oz bag)	1	10 chips
Baked Doritos Nacho Cheese (11.5 oz bag)	1	15 chips
Baked Lays Southwestern Ranch (8.75 oz bag)	1	14 chips
Baked Lays Parmesan & Tuscan Herb (8.75 oz bag)	1	14 chips
Baked Tostitos Scoops (9 oz bag)	1	14 chips
Baked Lays BBQ (9 oz bag)	1	14 chips
Baked Lays Original (9 oz bag)	1	14 chips
Corn Nuts, BBQ, Kraft	1.4	1 package
Corn Nuts, Chili Lemon, Kraft	1.4	1 package
Corn Nuts, Kraft, other variety of flavors	1.4	1 package
Kellogg's Nutri Grain Bars (all flavors)	1.3	1 bar
Nature Valley Crunchy Granola Bar, Oats n' Honey	1.5	2 bars (1 package)
Nature Valley Crunchy Granola Bar, Cinnamon	1.5	2 bars (1 package)
Nature Valley Crunchy Granola Bar, Peanut Butter	1.5	2 bars (1 package)
Quaker Chewy Granola Bars, 90 calorie (all flavors)	0.84	1 bar



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Quaker Chewy Granola Bars, 25% less sugar (all flavors)	0.84	1bar
Emerald Natural Almonds	0.63	
Retail Product Examples , continued Note some servings need to be portioned out from larger packages to meet standards; not all items shown below are single serving packages.	Serving Size (ounces)	Alternate Serving Size
Planters Peanuts	1.75	
Planters Cashews	1.5	
Oh Boy Oberto Jerky	1	
100 % Juice, 8 fl-oz (1 cup) or less: For example Juicy Juice, 100% juice boxes Hansen's, 100 % Juice Boxes Minute Maid, 100 % Juice Boxes Motts, 100% juice boxes		8 Fluid Ounces or less (1 cup or less)
Hershey's Choc. Milk (8 oz boxes, made with 2% milk)	8 fl-oz	
String Cheese or Cheese Sticks, if made w/ reduced fat cheese	1	

List of Allowable Snack-type Foods and Beverages Available through TUSD Food Services Department: Revised 8-5-2011

Chips, Baked BBQ Lays potato Crisps
 Chips, Baked Chili Cheese "Fantastix"
 Chips, Baked Nacho Tortilla Chips
 Chips, Baked Tortilla Chip "Scoops"
 Crackers, Goldfish Giant Honey & Oat Whole Grain
 Crackers, Goldfish Whole Grain Cheddar Cheese
 Crackers: Goldfish Lemon & Strawberry are subject to availability
 "Sun Morning" Mix-Ups Whole Grain Snack Mix
 Popcorn, Kettle Corn
 Pretzels, Mini Twists
 Sunflower Seeds, honey-roasted
 Sunflower Seeds, Light Salt

Bar, Granola, Honey & Oat
 Granola Cereal, Whole Grain Oats & Cinnamon (bulk packaging), maximum portion is half cup.
 Cookies, Lemon Crème

Cheese, String Mozzarella Reduced Fat
 Cheese, Stick, Mild Cheddar Reduced Fat
 Cheese, Stick, Colby-Jack Reduced Fat
 Yogurt, fruit flavored, 4 oz

Milk: Half Pints
 Low Fat (1%)
 Fat Free (Skim)
 Fat Free Chocolate

Hot Chocolate Mix, Sugar Free
 Juice, Orange, 4 fl-oz
 Water, 8 fl-oz and 16.9 Fl-Oz bottles
 Juice: 100% Apple 10.9 Fl-Oz Bottle (limited to middle & high school sites)
 Juice, 100% Grape, 10.9 fl-oz bottle (limited to middle & high school sites)

Muffin, Apple Cinnamon, Reduced Fat
 Muffin, Blueberry, Reduced Fat



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Muffin, Corn
Bread, "Concha" (High School sites only)

Ice Cream Cup, Cookies 'n Cream Low Fat 3 fl-oz cup
Ice Cream Cup, Vanilla Low Fat 3 fl-oz cup
Ice Cream Pop, Fudge Flavored Fat Free
Ice Cream Sandwich, Cookies 'n' Cream Low Fat
Ice Cream Sandwich, Vanilla, Low Fat
Frozen Yogurt cup, Chocolate, 3 fluid-oz
Frozen Yogurt Cup, Strawberry, 3 fluid-oz
Fruit Juice Smoothie Treats 2.5 oz and 6 oz (assorted flavors, flavors subject to availability)
Fruit Juice Smoothie Beverages (for sites with freezer machines)
Fruit Sorbets in real fruit shells (High Schools Only; seasonal / flavors subject to availability)

Fresh Fruits and Vegetables:
are always a possibility if the washing and portioning is coordinated with the Food Services manager at the school site. The purchase of fresh fruits and vegetables for snack or fund raising can be arranged through the Food Services Department Catering Office.

Please contact Food Services at 225-4700 and/or your school's Food Services Manager if you need assistance in determining if a snack you want to provide meets the District Nutrition Standards.

Pamela D. Palmo
Director, Food Services Department