

# **Food & Beverage Recommendations**

**For meeting the New Mexico Nutrition Rules  
for Competitive Foods**

*Vending machines, a la carte sales and fundraisers*



**APS Food & Nutrition Services**

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**APS Food & Nutrition Services** is pleased to offer these food and beverage ideas to help you implement the New Mexico Nutrition Standards for Competitive Foods. This list is not exhaustive, but serves to get you started.

The product list provides specific examples of foods and beverages meeting the guidelines. Different brands and manufacturers of similar products may or may not meet the guidelines. In addition, products change and nutrient profiles will change as more products are developed to meet the needs of consumers trying to eat healthier. Be sure to examine each product's nutrition label. Work with your local vendor or distributor to identify specific products meeting the guidelines that are available to you.

Another great resource on school nutrition success stories is "Making it Happen!" Available at [www.fns.usda.gov/tn/resources/makingithappen](http://www.fns.usda.gov/tn/resources/makingithappen).

If you have any questions, please contact us at 345-5661.

This list was created by:

Jennie McCary, MS, RD  
Stefanie Fila, MS, RD  
Jan Newquist, RD, Dairy Max  
Erin Baudino, UNM nutrition student  
Joanna O'Neil-Moore, UNM nutrition student  
Edel Mayer, MS, RD  
Barbara Berger, MS, RD  
Nancy Cathey, MS, RD  
Gayle Reeves

# Beverages

## *Vending, a la carte & fundraisers*

### Elementary\*

milk, 2% fat or less  
soy milk  
water

*\*allowed after last lunch period*

### Middle School

milk, 2% fat or less  
soy milk  
water

100% fruit juice that has:

- no added sweeteners
- ≤ 125 calories/container
- ≤ 20 oz. serving size

### High School

milk, 2% fat or less  
soy milk  
water

At least 50% fruit juice that has:

- no added sweeteners
- ≤ 20 oz. serving size

*Allowed after last lunch period in High School vending only:*

Sugar free & caffeine free soft drinks  
Non-carbonated flavored water with no added sweeteners  
Sports drinks

### ***What this means***

- Elementary schools can only vend beverages after the last lunch period.
- The above beverages can be sold a la carte only during the lunch period in all school levels.
- Carbonated soft drinks cannot be sold during school hours, except in high schools after the last lunch period.
- Whether flavored or unflavored, 8, 10 or 16 ounce, milk can be no more than 2% fat.
- Soy milk, flavored or unflavored, 8, 10 or 16 ounce, is allowed; however, you are encouraged to compare labels to obtain products fortified with at least 300 mg of calcium.
- Juice regulations are different for middle and high schools.
- Beverages are allowed as fundraisers except during the lunch period.

### **Example Products**

#### *Vending, a la carte & fundraisers*

Water – all brands

Milk, 2% fat or less, white or flavored

Soy Milk – look for brands fortified with calcium

#### Middle & High School only

100% fruit juice

Tropicana 6 oz. carton (Apple, Orange), Tropicana 100% 6.75 oz Pouch (Apple, fruit medley),  
Tropicana 10 oz. 100% (Ruby Red Grapefruit), Minute Maid 100% 200mL drink boxes (all flavors),  
Juicy Juice

#### High School only after the last lunch period in vending machines

Sugar free & Caffeine free soft drinks:

Diet Caffeine Free Pepsi, Caffeine Free Diet Mountain Dew, Sierra Mist Free, Diet Mug Root Beer, Diet Mug Cream Soda, Tropicana Twister Diet Orange, Tropicana Sugar Free Lemonade, Sugar Free Fruit Punch, Sugar Free Orangeade

Sports drinks: Gatorade, Gatorade All-Stars

# Food Vending

## Elementary

No food vending allowed

## Middle School

*After the last lunch period only*

Foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

## High School

*Allowed anytime*

Foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 gms sugar/pkg

*Foods exempt from these guidelines: nuts, seeds, cheese, yogurt and fruit*

## ***What this means***

- Vending machines selling food are not allowed in elementary schools.
- Vending machines selling food are allowed in middle schools only after the last lunch period.
- Vending machines selling food are allowed in high schools at anytime.
- All foods sold in vending machines must meet the same nutrition criteria in middle and high schools.
- Nuts, seeds, cheese, yogurt and fruit can be sold even if they don't meet the nutrition criteria.
- Stocking machines with single serving packages will ensure they meet the nutrition criteria.

## **Example Products**

Animal crackers  
Baked chips  
Beef jerky  
Cereal bars  
Cereal mix (i.e., Chex Mix)  
Cheese sticks or single-serving packages  
Corn nuts  
Crackers  
Dried fruit  
Granola bars\*  
\*look for oats as the first ingredient, not sugar

Graham crackers  
Fresh fruit & veggies  
Fruit cups or bowls  
Fruit snacks  
Nuts  
Pickles  
Pretzels  
Pudding  
Rice cakes  
Seeds  
Trail mix  
Yogurt

# A la Carte Foods & Beverages

Food products sold during lunch period as a la carte sales must meet the following guidelines:

- No more than 400 calories per container or package or amount served; and \*\*
- No more than 16 grams of fat, no more than 2 grams of saturated and trans fat combined per container or per package or amount served; and \*\*
- No more than 30 grams of total sugar per container or per package or amount served.\*\*

\*\* with the exception of nuts, seeds, cheese, yogurt, and fruit

The following beverages can be sold a la carte during the lunch period:

## Elementary

milk, 2% fat or less  
soy milk  
water

## Middle School

milk, 2% fat or less  
soy milk  
water  
100% fruit juice that has:  
- no added sweeteners  
- ≤ 125 calories/container

## High School

milk, 2% fat or less  
soy milk  
water  
At least 50% fruit juice that has:  
- no added sweeteners  
- ≤ 20 oz. serving size

## *What this means*

- *A la carte* is defined as food products sold during the lunch period by the recognized food service establishment (Food & Nutrition Services Dept). Other a la carte items may be sold during lunch only as part of the curriculum (such as DECA) if a food permit license is obtained through the CABQ and safety and sanitation practices followed.
- All other food sales are considered a fundraiser and must follow the fundraiser requirements.
- A la carte foods have a higher calorie, fat, and sugar allowance because they are often intended or sold as main dish entrees.
- When evaluating a products containing nuts, seeds, cheese, yogurt and fruit; subtract out the calories, fat, saturated fat, and sugars contributed by the exempted ingredient and then determine if the product meets the guidelines. For example, the cheese in a slice of pizza is not counted toward the calorie, fat, and sugar limit; only the crust, sauce, and additional toppings.
- A la carte beverages sold must meet guidelines for vended beverages:
  - The only beverages elementary schools may sell a la carte during the lunch period are milk, 2% or less, soy milk, and water.
  - Juice regulations for a la carte beverages are different for middle and high schools.
  - Carbonated drinks, flavored water, and sports drinks may not be sold a la carte.

# A la Carte Foods

## Example Products

### Grains (whole grain, low-fat, baked, single servings)

Whole grain muffins (1-3 oz)  
Whole grain bagels (1-3 oz)  
Baked tortilla chips (< 1.5 oz)  
Baked chips ( $\leq 1.5$  oz)  
Rice cakes ( $\leq 1.5$  oz)  
Pretzels ( $\leq 1.5$  oz)  
Soft Pretzels ( $\leq 3$  oz)  
Popped popcorn without butter ( $\leq 3$  cups)  
Low-fat crackers ( $\leq 1.25$  oz)  
Low-fat granola bars (1-2 oz)  
Cereal bars (1-2 oz)  
Low-sugar cereals (1-2 oz)  
Animal crackers ( $\leq 2$  oz)

### Meats, Beans, Nuts & Seeds (lean meats, single servings)

Almonds or Pecans (1 oz)  
Peanuts (1 oz)  
Pistachios (1 oz)  
Walnuts (1 oz)  
Sunflower seeds (1 oz)  
Soy nuts (1 oz)  
Corn nuts (1 oz)  
Hummus Dip (2 oz)  
Bean Dip (2 oz)  
Peanut or nut butters (2 Tbsp), Trail mix, nuts & fruit ( $\leq 1.75$  oz), Beef jerky ( $\leq 1$  oz)

### Combination Foods (contain 2 or more food groups, low-fat, non-fried, whole grain)

Bagels with low-fat cream cheese or nut butter (3 oz)  
Sandwiches with whole grain bread, lean meats, low-fat cheese, &/or vegetables (no mayo or high fat sauce)  
Tortilla wraps with lean meats, low-fat cheese, &/or vegetables  
Pizza with low-fat cheese &/or vegetable toppings ( $\leq 5$  oz)  
Burritos with lean meats, low-fat cheese, beans, &/or vegetables ( $\leq 5$  oz)  
Chef salads with vegetables, lean meats, low-fat cheese, & 1 oz low-fat dressing  
Hamburgers/Cheeseburgers with lean meat, whole grain bun, & vegetable garnish (no mayo or high fat sauce)  
Grilled/baked chicken sandwiches on whole grain bun, & vegetable garnish (no mayo or high fat sauce)  
Baked & low-fat chicken nuggets ( $\leq 3$  oz)  
Baked potato with vegetable or chili topping (no sour cream or butter)  
Pasta with marinara sauce ( $\leq 1\frac{1}{2}$  cup)  
Bread sticks with marinara sauce (2 breadsticks)  
Grilled or baked quesadilla with vegetables &/or low-fat cheese (no sour cream)  
Fruit parfaits with fruit, low-fat yogurt, & granola  
Tuna or chicken & crackers (light mayo)  
Peanut butter & crackers ( $\leq 1.5$  oz)  
Soup (8 oz)

### Dairy Products (low-fat or non-fat, single servings)

Low-fat or non-fat fruit or plain yogurt (6-8 oz)  
Low-fat or non-fat cottage cheese (1/2 cup)  
Low-fat cheese (1 oz)  
String cheese (1 oz)  
Low-fat pudding cups (4 oz)  
Low-fat frozen yogurt bars ( $\leq 3$  oz)  
Low-fat yogurt smoothies ( $\leq 10$  fl. oz)

### Fruits & Vegetables (no added fat, no added sugar)

Fresh fruits (apples, bananas, oranges, pears, grapes)  
Fruit salad (cut-up fresh fruit served with low-fat yogurt dip or cottage cheese)  
Canned fruit (packed in water or natural juices)  
Unsweetened applesauce (4 oz)  
Dried fruit ( $\leq 2$  oz)  
Fruit leather (1/2 -1 oz)  
Frozen juice bars ( $\leq 3$  oz)  
Vegetables (baby carrots, celery sticks, broccoli with 1 oz low-fat dip)  
Salad bowls (lettuce mix, carrots, cucumbers, tomatoes with 2 oz low-fat dressing)

# Foods for Fundraisers

## Elementary\*

Not allowed during normal school hours

## Middle School\*

During normal school hours, except during the lunch period, foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

## High School\*

During normal school hours, except during the lunch period, foods that meet the following:

- ≤ 200 calories/pkg
- ≤ 8 grams fat/pkg
- ≤ 2 grams saturated and trans fat/pkg
- ≤ 15 grams sugar/pkg

*\*Outside of normal school hours, on-campus food products may be sold as fundraisers by elementary, middle, and high schools provided that at least 50% of the offerings meet the above requirements. **Fundraising off-campus is not regulated by PED's rule.***

*Foods exempt from these guidelines: nuts, seeds, cheese, yogurt and fruit*

## ***What this means***

- Elementary schools can only sell foods as fundraisers outside of normal school hours.
- Outside of normal school hours, products that would not meet these guidelines could be sold, provided half of the foods offered meet the guidelines, and therefore provide a “healthy” option.
- Outside of normal school hours, fundraisers, such as meals, can meet these guidelines by creating a balanced meal. For example: Spaghetti or Pizza Dinner, include a tossed salad and fruit or salad and milk or water. Even if the entrée and a dessert do not meet the guidelines, the menu meets the 50% criteria.
- Beverages are allowed as fundraisers except during the lunch period.
- Nuts, seeds, cheese, yogurt and fruit can be sold even if they don't meet the nutrition criteria.
- When checking product labels it is important to look for items that contain single servings.

## **Example Products**

*See also foods for vending*

Low-fat pretzels  
Fat free popcorn/popcorn balls  
Trail mix, seeds or nuts  
Granola bars  
Crackers (whole grains are encouraged, i.e., whole wheat or graham)  
Crackers, cheese or peanut butter  
Fruit, fresh or dried  
Fruit roll-ups  
100% juice bars  
Vegetable or fruit dippers with salsa, cheese, or yogurt sauce as dip  
Cheese sticks  
Yogurt  
Beef jerky  
Pickles

## Example meals:

Sub sandwiches & fruit  
Baked potato bar  
Soup, salad, whole grain bread  
Chili & cornbread

## *Reminders on campus liabilities:*

- Prepare and store foods properly to prevent food borne illness.
- Severe food allergies affect 4-8% of children. The most common allergies are to milk, egg, soy, wheat, peanuts, tree nuts, fish, and shellfish.

# Fundraisers

## **Examples of Non-food Products for Fundraisers**

*Use the following ideas to identify fundraising ideas that contribute to a healthier lifestyle.*

### **Things that Promote the School**

T-shirt/sweat shirt sale  
Bumper stickers or decals  
Student art sale  
Cookbook made by the school  
Coffee mugs or cups  
Student directories  
School frisbees  
License plates or holders with school logo

### **Things You Can Sell**

Candles  
Coupon books  
Magazine subscriptions  
House decorations  
Customized stickers  
Animal rides  
Ornaments  
Batteries  
Gift baskets  
Valentine flowers  
Newspaper space ads  
Music CDs, videos, DVDs  
Pedometers

Greeting cards  
Holiday items  
Flowers, bulbs  
Books, calendars  
Football seats  
Pet treats/toys  
Crafts, craft kits  
Stone memorials  
Hats  
Mistletoe  
Garage sales  
Entertainment books

Giftwrap, bags  
Cookbooks  
Balloon bouquets  
Buttons, pins  
Plants  
Tupperware  
Emergency kits  
Seasonal flags  
Jewelry  
Stationary  
Bath accessories  
Engraved bricks

### **Things You Can Do**

Wrap gifts  
Walk-a-thons  
Singing telegrams  
Penny wars (collect the most)  
Festivals  
Skate night/skate-a-thon  
Grocery refund programs  
Silent auction

Fun runs/jogs  
Jump rope-a-thons  
Carnival  
Dances  
Golf tournament  
Craft fair  
Recycle cell phones  
School job fair

Bike-a-thons  
Car wash (pre-sell tickets)  
Rent-a-teen helper  
Recycling cans/paper  
Bowling night/bowl-a-thon  
Talent show  
Family dinners  
Car magnets