



**DINE WELL**

# HEALTHY SNACKS AND DRINKS

Availability of chips, candy and sugary drinks during the school day can affect concentration in the classroom and decrease student consumption of healthful foods such as fruits and vegetables. Calories from snacks and beverages purchased from vending machines, à la carte or school stores often replace nutrient-dense meals available to students in the school dining center and provided by parents and guardians. It is important that vending machines are appropriately placed within the school building and that food and drinks sold through these venues meet the *Healthy Snack and Beverage Policy* nutrition requirements.



## CPS Policy Requirements for Snacks and Drinks

The *Healthy Snack and Beverage Policy* requires that all foods and drinks sold on school grounds, including items in vending machines, à la carte and school stores, meet the nutritional criteria outlined in the policy (see below).

### Snack Criteria

- No more than 35% of total calories from fat per serving
- Zero trans fat
- 10% or less of total calories from saturated fat
- Total sugar must be at or below 35% by weight
- Less than 230 mg of sodium for a snack or side dish

### Snack portion sizes

- Elementary: 150 calories
- High School: 200 calories
- Canned fruit must be packed in juice or light syrup
- Dried fruit and nut snacks are exempt from the “less than 35% of total calories from fat” rule, but must meet all other requirements

### Drink Criteria

- Low-fat or fat free milk
- Milk limited to 8 ounce portions
- Fruit and vegetable juices must be 100% juice with no added sweeteners
- Plain water
- 100% juice serving size requirements:
  - Elementary: 6 ounces
  - High School: 8 ounces



# HEALTHY SNACK AND DRINK IDEAS

## Snacks

### Fruits & Veggies

- Prepared fresh vegetable tray with low-fat dressing and/or hummus for dipping\*
- Prepared fresh fruit tray with low-fat yogurt for dipping
- Washed, uncut whole fruits like oranges, apples, pears and bananas
- Individual fruit cups packaged in 100% juice (calories should not exceed 150 for elementary students, 180 for middle school students and 200 for high school students)
- Fruit parfaits — With adult assistance, allow students to dish up their own choice of washed, uncut fruits like berries, canned pineapple, low-fat yogurt and whole grain granola
- Mini Fruit Kabobs — Give each student a bowl of washed, uncut fruit like berries, grapes and canned pineapple and a few toothpicks in order for students to make mini fruit kabobs by putting the fruit on their toothpicks in colorful patterns
- Wacky Bananas - Provide students with their own banana and a dish of “decoration” such as whole grain rice cereal, coconut flakes, dried fruit and invite students to “decorate” their bananas before they eat them

### Low-fat or Non-fat Dairy

- Individual cups of low-fat plain or flavored yogurt (calories should not exceed 150 for elementary and middle school students and 200 for high school students)
- Individual serving of light (reduced fat, low-sodium) cheese, such as string cheese or Mini Babybel\*

### Whole Grains

- Whole grain snacks should have “whole grain” listed as the first ingredient, such as “whole wheat” or “whole corn”
- Whole grain animal crackers and cups of no-sugar added applesauce for dipping
- Whole wheat pretzels with mustard
- Baked, whole grain corn or grain chips can be served with guacamole or other low-fat bean dips
- Prepared popcorn (such as Trader Joe’s Kettle corn, or Skinnypop)\*
- 100 calorie granola bars or granola thins
- Whole Grain Graham Cracker Sandwiches — Allow students to build their own sandwich out of whole grain graham crackers, nut butter, low-fat cream cheese and/or honey\*
- Whole grain crackers such as Wheat Thins, whole grain Goldfish and reduced fat Triscuits\*

### Dried Fruit and Nuts

- Trail mix or dried, unsweetened fruit and nuts, sodium should not exceed 230 calories



## Drinks

- Cold, refreshing water
- Make it fun for students to drink their water by having options of fresh fruit and vegetables, like cucumber, mint, strawberries, lemon and lime to add to their cups or water bottles and allow them to create their own flavors.
- 6 ounce 100% juice boxes or bottles
- 6 ounce low-sodium vegetable juice cans
- 8 ounce 1% or skim milk boxes, plain or flavored — sugars should not exceed 22 grams
- 8 ounces soy or rice milk substitutes, plain or flavored — sugars should not exceed 22 grams

\* Any reference to name brands included on this document is strictly an example for the convenience of teachers, staff and parents/guardians in choosing approved foods and beverages for students. Such references are not an endorsement or suggestion of Chicago Public Schools.



FYI

### For Your Information

**In order to ensure food safety, CPS follows Illinois Public Health guidelines that require that all foods and beverages served to students at school should not be prepared in private homes and should be pre-packaged or prepared by a certified food handler. To comply with *CPS Food Allergy Policy* snacks and beverages served to students should, whenever possible, have a nutrition label to ensure students, teachers, staff and parents/guardians are aware of the ingredients being served to students.**

# SNACK AND BEVERAGE VENDING

According to United States Department of Agriculture and district rules, elementary, middle and high schools must meet the follow the guidance below for vending machine operation.

## Grade Level Vending Machine Operation

Elementary & Middle Schools	Snack Vending	Beverage Vending
Permitted	No	Yes
Machine Placement	Snack vending should not be available to students anywhere on school grounds during the school day.	Beverage vending machine placement at principal discretion.
Nutrition Requirements	Snack vending should not be available to students anywhere on school grounds during the school day.	Low-fat milk – not to exceed 8 oz. 100% juice – not to exceed 6 oz. Water (no flavor, sweeteners, or caffeine)
High Schools	Snack Vending	Beverage Vending
Permitted	Yes	Yes
Machine Placement	Snack vending machines should not be in the dining center and must be at least 100 feet from the meal service line.  ALL snack machines should be turned off during meal service.	Beverage vending machine placement at principal discretion.
Nutrition Requirements	Snacks sold in vending machines should meet the <i>Healthy Snack and Beverage Policy</i> requirements.	Low-fat milk – not to exceed 8 oz. 100% juice – not to exceed 8 oz. Water (no flavor, sweeteners, or caffeine)



## Vending Products Available to CPS

### Beverages

Current vendors do not offer milk vending and cannot provide juice in the permissible sizes (6 oz. for Elementary, 8 oz for High Schools). As a result, schools that have beverage vending have two options under the *Healthy Snack and Beverage Policy* until further notice:

- **Turn off beverage vending machines** until they can be replaced. Schools across the country are adopting similar serving size standards for beverages. Vendors are expected to adjust serving sizes based on this shift.
- **Restock beverage vending machines with only water.** This provides students with accessible water throughout the school day and can provide continued revenue from beverage vending machines. It is recommended that all vending machines are restocked with water at the same time/day.

### Snacks (High School Only)

High Schools are responsible for ensuring that the food in school vending machines meet the nutrition requirements of the *Healthy Snack and Beverage Policy*. Principals, school staff and students should make clear to snack vendors that **ONLY** food products that meet these standards are to be made available to students in vending machines. For a list of available products to request from snack vendors, please refer to the [Healthy Snack List](#).



# HEALTHY SNACK LIST:

## Chips

Athenos Pita Chips (Whole Wheat)

Skinny Pop Popcorn (Snack Size)

Doritos (Reduced Fat) Cool Ranch

Baked Cheetos

Baked Naturals Cracker Chips (Simply Multigrain)

Baked Regular Potato Crisps

Baked Regular Ruffles Brand Potato Chips

Baked Tostitos Original Bite

GeniSoy Soy Crisps (Deep Sea Salted)

Popchips

· Parmesan Garlic

· Sweet Potato

· Sea Salt and Vinegar

· BBQ

· Sour Cream and Onion

· Original

Snack Factory Pretzel Crisps (all varieties)

Quaker Rice Cakes

## Dips

Oasis Lentil Dip

Marzetti Caramel Dip

• Fat Free

• Old Fashioned

Sabra Classic Guacamole

Hummus

• Athenos Hummus (all varieties)

• Sabra Hummus (all varieties)

• Marzetti Otria Hummus Veggie Dip

• Tribe Hummus (all varieties)

Salsa (Brands)

· Amy's

· Chi-Chi's

· Desert Pepper

· Frontera

· La Preferida

· La Victoria

· Nature's Promise

· Newman's Own

## Crackers

Elf Grahams Original Graham Snacks (Keebler)

Elf Grahams Chocolate Chip Graham Snacks (Keebler)

Goldfish Crackers Whole Grain Cheddar Cheese

Honey Maid Graham Crackers (Nabisco)

Honey Maid Cinnamon Graham Crackers (Nabisco)

Zoo Animal Crackers (Austin Quality Foods)

## Cookies

Otis Spunkmeyer Low-Fat Wild Blueberry Muffin

Otis Spunkmeyer Sweet Discovery Reduced Fat Chocolate Chip Cookie

Fig Newtons (Nabisco)

Fig Newtons Raspberry (Nabisco)

Nilla Wafers (Reduced Fat)

Teddy Grahams (Nabisco)

· Honey

· Cinnamon

· Chocolate

· Chocolatey Chip



Pepperidge Farm Soft Baked Cookies Oatmeal Raisin

### Snack Bars

Nutrigrain Cereal Bars

- Apple
- Blueberry
- Strawberry

Kashi Soft Baked Cereal Bar

- Cherry Vanilla
- Ripe Strawberry
- Honey Almond Flax

### Dried Fruit

Sun-Maid Raisins

Sunsweet Raisins

Ocean Spray Cranberries

Nature's Promise Cranberries

Made in Nature Apricots

Made in Nature Apples

Brothers Peach Crisps

Brothers Pineapple Crisps

Brothers Asian Pear Crisps

Brothers Strawberry/Banana Crisps

Sunsweet Prunes

### Fresh Fruit

Apples

Applesauce

Clementine

Oranges

Nectarines

Peaches

Grapes

### Fresh Vegetables

Carrot sticks

Celery

Grape tomatoes

Cherry tomatoes

Peppers

- Peanut Peanut Butter

General Mills Fiber One Chewy Bar

Nature Valley Bar

- Chewy Trail Mix

Kellogg's Special K Cereal Bar

- Blueberry
- Strawberry
- Vanilla Crisp

Mariani Cherries

Stretch Island Fruit Co. Fruit Leathers

- Apricot
- Cherry
- Mixed Berry
- Apple
- Grape
- Raspberry
- Strawberry

Strawberries

Blueberries

Raspberries

Blackberries

Suggested pairings: Fruit yogurt dip, low-fat caramel dip.

Snap peas

Broccoli florets

Cauliflower florets

Suggested pairings: Hummus, low fat salad dressing, Greek yogurt vegetable dip.





## Dairy

### Greek Yogurt

- Chobani Non Fat Greek Yogurt (all varieties)
- Oikos Non Fat Greek Yogurt (all varieties)
- Yoplait Greek Yogurt (all varieties)

## Nuts

Emerald Almonds Natural (100 Calorie Packs)

Emerald Cashews Whole (160 Calories)

Emerald Walnuts & Almonds Natural (100 Calorie Packs)

Planters Peanuts Dry Roasted (160 Calories)

Wonderful Pistachios Roasted Salted in Shell (170 Calories)



# À LA CARTE

À la carte items are individually priced food items available for sale in the school dining center that are not part of the school meal program. These items such as cookies, drinks and additional sides are available for students to purchase. À la carte items are considered a “competitive food,” as students may choose to purchase à la carte items rather than consuming a full and balanced meal through the National School Lunch Program.



## CPS Policy Requirements for à la carte

The *Healthy Snack and Beverage Policy* requires that all à la carte items sold must meet the nutrition criteria.

## Dining Center Staff

**School Dining Manager:** School dining managers oversee food service at your school and are responsible for ensuring that all foods served meet USDA and district nutrition requirements.

**Manager of Retail Operations:** Each school has a representative assigned to oversee meal service at the school. This person is referred to as the Manager of Retail Operations or “MRO.” The MRO supports dining managers to meet the necessary standards.

As you develop or continue your Wellness Team, make sure to urge the school dining manager to join the team. The dining manager is key to ensuring that nutrition messages that are taught to students are reinforced during school meal times. To find out more about à la carte and what additional items are available to students at your school, invite the dining manager to the next Wellness Team meeting!



## For Your Information

The Wellness Team and other school stakeholders can request that your Principal or School Dining Manager arrange a meeting with the Dining Manager and your school’s MRO. The MRO can provide a list of acceptable à la carte items and ensure that the dining center services align with the school’s efforts to encourage nutrition education and healthy food choices.



# SCHOOL FOOD

Students who eat meals served through the National School Lunch or Breakfast Program are more likely to be at a healthy weight and consume more fruits and vegetables. Over 72% percent of CPS students enjoy healthy lunch at school each day.

Additionally, Breakfast in the Classroom supports a positive school environment. According to a Food Research and Action Council (FRAC) report published in January 2012, it reduces hunger, absenteeism, tardiness, nurse visits and improves nutrition and student achievement.



POLICY

## CPS Policy Requirements for School Food

The *CPS Local School Wellness Policy* requires that all schools serving National School Lunch and Breakfast adhere to the required federal, state and local laws. The policy also requires that all schools which CPS serves as their school food authority are required to meet the CPS Food Service Guidelines for school meals provided through the dining center. Additionally, the policy continues CPS' commitment to local procurement for school food.

CPS requires all schools to provide universal free breakfast for students beginning on the first day of school.

## What are the CPS Food Service Guidelines?

Chicago is one of the first major school districts to declare improved nutrition standards, which exceed the U.S. Department of Agriculture (USDA) Gold Standard of the HealthierUS School Challenge Guidelines. These revised standards, which became effective July 1, 2010, were developed by an advisory group composed of dietitians, food service operational experts and community partners. The advisory group collected best nutrition practices across the country and promising strategies around school food. CPS' goal is to engage students and raise their level of awareness about healthy eating and to make healthy choices part of their daily practice. By incorporating these nutrition standards into the school breakfast and lunch programs, CPS took an important step in creating healthy environments that support healthy students.



## The CPS Food Service Guidelines

<b>Vegetables daily</b>	Offer a different vegetable every day. Specific vegetable categories are menued weekly, based on USDA requirements. Limit starchy vegetables to 1 cup per week; limit potato items (i.e., French fries, tater tots, hashbrowns, etc.) to one time per week in elementary schools and two times per week in high schools.
<b>Whole grains</b>	All grains served at lunch must be whole grain and there is a 70% whole grain requirement for breakfast. No desserts offered.
<b>Fruit daily</b>	A different fresh or cupped fruit should be served daily. There are limits on 100% juice at breakfast and canned or frozen fruits should be in natural juices or light syrups.
<b>Trans fats allowed</b>	No trans fats allowed.
<b>Fiber requirement</b>	Breakfast: minimum of 3 grams averaged weekly. Lunch: minimum of 7 grams averaged daily.
<b>Sodium standard</b>	Sodium levels must meet the USDA target for school year 2014-2015. No sodium added in meal preparation.
<b>Deep fat frying</b>	Deep fat frying prohibited.
<b>Breakfast product restrictions</b>	No donuts, breakfast pastries, or Pop Tarts. No items containing “dessert or candy type” ingredients or flavors.
<b>Cereal standards</b>	Prescribed standard: no more than 5 grams of sugar, unless it provides three (3) or more grams of fiber. No reformulated cereals.
<b>Local produce</b>	Preference to locally grown and processed fruits and vegetables when economically feasible.
<b>Condiments</b>	All salad dressing and mayonnaise must be reduced fat.
<b>Treats</b>	Treats are not served.
<b>Nachos</b>	Once a month in elementary schools; once a week in high schools as part of reimbursable meal.



FYI

### For Your Information

For additional information about school lunch and breakfast menus at your school visit: [cpsmeals.org](http://cpsmeals.org)

A complete list of CPS nutrition standards and other food service support materials can be found on the Nutrition Support Services' Principal Resource Center: [bit.ly/nss-principal](http://bit.ly/nss-principal)



## Monthly Menus

In an effort to save paper and supplies CPS has moved to posting core menus electronically. Menus are posted on the first of the month and can be found at [www.cpsmeals.org](http://www.cpsmeals.org). Aramark Area Managers will also send monthly emails to principals with the menu attached. Schools are encouraged to share the menu with students and community members by posting the menu on school specific webpages, sending the menu to the parent/guardian listserv, and encouraging teachers to post a menu in the classroom for students to review.

## Local Procurement

Locally sourced food is fresher, often tastier, and has better nutrition. Additionally, procuring locally allows the opportunities to teach students about supporting local farmers, benefiting the environment, and connecting to the food they eat. CPS, in partnership with ARAMARK and Farm Logix, has made a commitment to offer students more foods that are grown within 250 miles of Chicago.

CPS indicates which items are local by placing an “L” next to the menu item. Each monthly menu features:

- Locally sourced fresh frozen items once each week
- Locally sourced fresh items twice each month
- Local chicken raised without antibiotics twice each month

Local procurement data, as well as the monthly local foods menu, are posted on the website [www.cpsfarmtoschoolmarket.com](http://www.cpsfarmtoschoolmarket.com). There are also learning tools on the website including farmer videos, information on local crops, and a farmer pen pal program. The website is used to provide transparency and can be used as a learning tool for parents, the community, and for teachers to use in the classroom.

CPS takes part in both the Urban School Food Alliance and School Food FOCUS Upper Midwest Regional Learning Lab. Both of these groups aim to capitalize on the buying power of larger school districts to make a change in the items available in the marketplace. Some examples of the products being worked on through these groups are compostable trays, chicken raised without antibiotics, nitrite and nitrate-free deli meat, and clean label, local burrito.



### Nutrition Education in the Dining Center

Each month CPS, in partnership with ARAMARK, will highlight one locally grown produce item on the menu. Wellness Champions will receive posters for each month that are to be placed in the dining center. Along with the larger posters, all local menu items will be highlighted on the service line through farmer specific marketing materials. School Dining Managers (SDMs) and Aramark Area Managers will be responsible for placing these materials on the line.

### School Food Advisory Committees

To reflect the community voice accurately, CPS has convened two advisory committees:

#### School Food Advisory Group and the Parent School Food Advisory Group

The Stakeholder Group includes representatives from various community and professional organizations. The Parent Group includes 25 parents from schools that features different cafeteria styles and are representative of the Chicago community.

The purpose of both of these groups is to both inform CPS decision making related to school food as well as hold CPS accountable for providing healthy, delicious, and appealing school meals for all CPS students.



FYI

#### For Your Information

A report on CPS School Food recommendations was generated based upon feedback and input of the advisory committees. The report can be found here: <http://healthyschoolscampaign.org/news/pathways-to-excellence-in-school-nutrition/>



RESOURCE

#### School Salad Bars

In an effort to increase student access to healthy food options in the school dining center, CPS is working to implement salad bar programs in schools throughout the district. Due to the large number of school requests to participate in the program and a limited supply of salad bars available, schools must apply for consideration in the program. *Schools will be required to provide nutrition education and a plan for sustainability to obtain a salad bar.* For more information about salad bars or to obtain an application, please contact [studentwellness@cps.edu](mailto:studentwellness@cps.edu).

#### School Gardens

If you would like more information on how to include produce from your school garden or have CPS assess your garden, please contact [studentwellness@cps.edu](mailto:studentwellness@cps.edu).



# SCHOOL FOOD GUIDELINES

## Breakfast

	USDA GUIDELINES	CPS GUIDELINES
<b>FRUIT</b>	<ul style="list-style-type: none"> <li>· Offer 1 cup of fruit (fresh, frozen, and/or canned) daily for grades K-12.</li> <li>· 4 ounce portion of 100% fruit</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Offer a different fruit daily and at least two fresh fruits per week.</li> </ul>
<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>· No USDA requirements for vegetables in the breakfast meal</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Vegetables from the dark green, red/orange, beans and peas, and other sub-groups may be substituted for fruits to meet the breakfast fruit requirement.</li> </ul>
<b>GRAINS</b>	<ul style="list-style-type: none"> <li>· As of July 1, 2014 all grains must be whole grain-rich (at least 50% whole grain).</li> <li>· One ounce of grains daily for grades K-12.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· No dessert-like foods offered</li> <li>· No reformulated breakfast cereals</li> <li>· French toast, waffles, or pancakes only allowed with one syrup packet or fruit topping.</li> </ul>
<b>PROTEIN (MEAT OR MEAT ALTERNATIVE)</b>	<ul style="list-style-type: none"> <li>· Schools may substitute meat or meat alternate for grains after the minimum daily grains requirement is met.</li> <li>· Tofu and soy yogurt are allowed as meat alternates.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Only lean proteins such as turkey or chicken sausage served.</li> <li>· No pork products served.</li> </ul>
<b>MILK</b>	<ul style="list-style-type: none"> <li>· Offer 1 cup of milk to students grades K-12</li> <li>· Whole milk or milk alternatives can be available when medically necessary with documentation by a medical professional.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Offer only low-fat (1%) and skim unflavored milk.</li> <li>· No chocolate milk served with breakfast.</li> <li>· Milk must be free of added water, preservatives, neutralizers, rGHB, BST (bovine somatotropin), or other foreign matter.</li> </ul>



## Lunch

	USDA GUIDELINES	CPS GUIDELINES
<b>FRUIT</b>	<ul style="list-style-type: none"> <li>· Offer 1/2 cup of fruit daily for grades K-8 and 1 cup of fruit daily for grades 9-12.</li> <li>· Fruits may be fresh, frozen,</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Serve five different fruits including at least three fresh fruits per week.</li> <li>· No 100% juice is served at lunch.</li> </ul>
<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>· Serve nutrient-rich, dark green or orange vegetables every day.</li> <li>· Vegetables may be fresh, frozen, or canned.</li> <li>· Legumes may be used to meet the protein requirement of the lunch meal.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Limit starchy vegetables to 1 cup per week.</li> <li>· Limit potato items (i.e. french fries, tater tots, hashbrowns, etc.) to one time per week in elementary schools, and two times per week in high schools.</li> </ul>
<b>GRAINS</b>	<ul style="list-style-type: none"> <li>· Beginning July 1, 2014, all grains must be whole grain-rich (at least 50% whole grains).</li> <li>· Only two creditable grain-based desserts are allowed per week.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· No desserts offered.</li> <li>· Promote whole grain-rich variety by offering at least three different types of whole grain-rich foods per week.</li> </ul>
<b>PROTEIN (MEAT OR MEAT ALTERNATIVE)</b>	<ul style="list-style-type: none"> <li>· Offer 1 ounce of protein for younger students and 2 ounces for students grades 9-12.</li> <li>· Portion sizes are tailored for each age group.</li> <li>· Tofu, soy yogurt and Greek yogurt are allowed as a meat alternate.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Increase scratch-cooking.</li> <li>· Offer a variety of lean protein each week and one meatless entrée each day.</li> <li>· Limit nachos to once a week in high schools and once a month at elementary schools.</li> </ul>
<b>MILK</b>	<ul style="list-style-type: none"> <li>· Offer 1 cup of milk daily to students in grades K-12.</li> <li>· Whole milk or milk alternative can be made available where medically necessary with documentation by a medical professional.</li> </ul>	Meet USDA guidelines plus: <ul style="list-style-type: none"> <li>· Offer low-fat (1%) and skim unflavored milk, and skim flavored.</li> <li>· Milk must be free of added water, preservatives, neutralizers, rGHB, BST (bovine somatotropin), or other foreign matter.</li> </ul>