



MCPS Competitive Food Regulations

MCPS Wellness Regulation (JPG-RA) requires foods sold outside the federally reimbursable meals programs to comply with USDA's *Smart Snacks in Schools* standards and some additional standards set by the state and MCPS. Competitive foods (i.e., foods sold a la carte, in vending machines or for fundraisers) sold or marketed **from midnight until 30 minutes after the end of the school day** must:

- be a grain product that contains ≥50% whole grains by weight (known as whole grain rich) or have whole grains as the 1st ingredient; or
- have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- be a combination food that contains at least ¼ cup fresh fruit and/or vegetable

Standards for Foods	
Total Calories from Fat	≤35% per serving <i>Excludes nuts, seeds, nut-butters and reduced-fat cheese</i>
Calories from Trans Fat	0 g/item (as marked – amounts <0.5 grams permitted)
Calories Saturated Fat	<10% per serving <i>Excludes reduced-fat cheese</i>
Sugar	Total sugar ≤ 35% by weight (natural and added) <i>Excludes fruits, vegetables and milk</i>
Sodium	Snacks/side dishes: ≤ 200 mg/item Entrée: ≤ 480 mg/item
Portion Size/Calories	Snack items: ≤200 calories Entrée items: ≤350 calories
Grain Items	Whole grains must be ≥50% by weight, or have whole grains as the first ingredient
Fruits and Non-Fried Vegetables	May be fresh, frozen, canned (in juice or light syrup) or dried (with no added sweetener, with exception for bitter fruits like cranberries)
Prohibited Ingredients and Items	Candy of any type and donuts are prohibited from sale. Products may not contain caffeine, aspartame or acesulfame potassium.

Beverages that May Be Sold	
Milk	Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or alternative dairy beverages; ≤21 grams sugar/8 oz. if milk product is available Serving size: ≤8 fl oz. in elementary schools; ≤12 fl oz. in secondary schools
Fruit and Vegetable Juices	100% juice without sweeteners (nutritive or non-nutritive) Serving size: ≤8 fl oz. in elementary schools; ≤12 fl oz. in secondary schools
Water	Plain water with or without carbonation. No flavored water in elementary schools.
Other Beverages	Soda and caffeinated beverages are not allowed. Beverages served in elementary schools cannot contain added sweeteners. Other flavored and/or carbonated or sparkling beverages are permitted in high schools only with calorie restrictions: for ≤12 oz. containers, no more than 40 calories per 8 oz. or 60 calories per 12 oz. For ≤20 ounce containers, no more than 5 calories per 8 oz. or 10 per 20 oz.

Other	
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

In addition, in September, 2014, DFNS issued an internal policy for future food contracts prohibiting the following ingredients: MSG; lean finely textured beef; synthetic dyes: Blue 2, Green 3, Red 3, Yellow 5 and 6; BHA; Potassium Bromate; Propyl Gallate; Saccharin; STPP and TBHQ.