

ESMERALDA COUNTY SCHOOL DISTRICT NUTRITON/WELLNESS POLICY

Esmeralda County School District is committed to providing school environments in which students can make healthy food choices that support academic success and lifelong health.

Research has found a clear connection between good nutrition and student achievement, and schools that implemented healthy food program report fewer behavior problems. This regulation outlines requirements and directions for increasing the availability of healthy foods and beverages and supporting students, staff and parents in making educated nutritional choices.

Effective July 1, 2006, the following nutrient standards will apply to all foods and beverages sold at all sites accessible to all Esmeralda County students from one-half hour before school starts until one-half hour after the end of the regular school day. The standards govern the quality and portion sizes of food and beverages authorized for sale through student stores, vending machines, a la carte sales, school sponsored fundraising activities and the ECSD Food Service Department.

The Esmeralda County School District Nutrition/Wellness Policy will adhere to the Department of Education Statewide School Wellness Policy on Foods of Minimal Nutritional Value (FMNV). It states:

Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. The foods that are restricted from sale or 'give away' to students are classified within four categories:

- **Soda Water-any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such vitamins, minerals, and proteins.**
- **Water Ices-any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.**
- **Chewing Gum-any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.**
- **Certain Candies-any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy jellies and gums,**

marshmallow candies, fondant, licorice, spun candy,
and candy coated popcorn.

Standards Requirements **Nutrient**

- Nutrient Standards and Guidelines are necessary to: provide a mechanism by which individual food and beverage can be evaluated since products are reformulated and/or introduced almost daily; set upper limits for nutrients of concern, i.e., total fat, saturated fat, sugar and sodium; evaluate in products the level of key nutrients students need to increase, i.e., protein, fiber, vitamin A, vitamin C, iron and calcium.

Food choices provided to students will meet the following standards:

- No more than 30% of total calories from fat. No more than 10% of total calories from saturated fat, including trans fat. (Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced fat, low-fat, or fat-free milk is exempt from this standard.)
- No more than 35% added sugar by weight (not including fruits and vegetables when used as additives)
- No more than 600mg. of sodium per serving.
- No carbonated drinks.
- No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 ounce.
- No beverages containing additives such as herbal/non-vitamin supplements.
- Fruit drinks, frozen slushes or vegetable based drinks must be composed of minimum of 50% fruit or vegetable juice - 16 oz.
- Electrolyte replacement beverages -12 oz.
- No beverage to exceed 16 ounces.
- Snacks and sweets not to exceed 1.5 oz.
- Cookies/cereal bars (plain) not to exceed 2 oz.
- Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) not to exceed 2.2 oz.
- Bakery items (pastries, muffins, etc.) not to exceed 3 oz.

- Frozen desserts, ice cream not to exceed 4 oz.
- Other entrée items and side dishes shall be no larger than the portions of those foods served as part of the National School Lunch Program.
- Note: Esmeralda County School District, have no vending machines on school property.
- Food and beverages sold more than one-half hour outside of regular school hours are exempt from this policy.

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Schools are encouraged to include non-food items such as pencils, stickers, etc. as choice in their students store and school-sponsored fundraising.

Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities or the ESCD Food Service Department.

Financial accounting for sale of food and beverages on school grounds must adhere to ESCD accounting practices and procedures.

Events/parties that celebrate the following holiday/celebrations will be exempt of ESCD Nutrition/Wellness Policy. When allowed by District policy. Events/celebrations that occur over a one day period must designate one day for exemption of ESCD Nutrition Policy. (Events/Parties must take place the day before, the day of or the day after the listed holiday/celebrations)

1. Labor Day
2. Columbus Day
3. Halloween/Nevada Day
4. Veteran's Day
5. Thanksgiving
6. Hanukkah
7. Kwanzaa
8. Christmas
9. New Year's Day
10. Martin Luther King, Jr. Day
11. Groundhog Day
12. Valentine's Day
13. President's Day
14. Palm Sunday/Good Friday/Easter
15. St. Patrick's Day
16. Passover
17. Mother's/Father's day
18. Memorial Day
19. National Teacher's Day
20. Flag Day
21. Birthday Parties.
22. Field Trip/Safety Fair/ Science Fair/Track meet, when school lunch is not provided.

A plan for measuring implementation of school's wellness policy at both the school level and district level which, at a minimum, shall include:

- A. The number of students in each school;
- B. The average daily participation in the National School Lunch Program;
- C. The average daily participation in the National School Breakfast Program;
- D. The level of the wellness policy implementation;
- E. The time of the lunch recess at the elementary school level;
- F. The length of the breakfast service;
- G. The length of the lunch service;
- H. When the service of lunch after recess was implemented at the elementary school level.
- I. The number of children with access to physical activity;
- J. The average number of physical activity minutes available to each student;
- K. The number of children with access to physical education;
- L. The number of children receiving physical education;
- M. The number of minutes of physical education provided;
- N. The total number of school days a student is required to attend physical education during the current school year;
- O. the name, business phone number, and e-mail address of the oversight officer.

Reimbursable meals provided to student under the National School Breakfast Program. Are exempt from this policy since they are governed by Federal Regulation 7CFR, part 210 and 220.

Beginning July 1, 2006 all Esmeralda County elementary schools will implement the **Recess before Lunch Policy**, put forth by the United States Federal Government.

Students will be required to attend recess immediately before lunch. The length of this recess will be determined by each site administrator.

Beginning July 1, 2006 Esmeralda County School District shall

- * Designate at least 15 minutes for students to consume the breakfast meal;
- * Designate at least 20 minutes for students to consume the lunch meal;

Beginning July 1, 2006 Esmeralda County School District shall

* Designate at least 30 minutes of time daily, for physical activity. In elementary schools, recess also constitutes physical activity. Exercise will consist of one:

1. P.E. (Physical Education Class)
2. Recess

*School days that are shortened due to weather, conferences or holidays will be exempt from 30 minutes of exercise.

* Esmeralda County School District doesn't participate in National School Lunch Program

* A safe, comfortable space will be provided for meals.

* School staff may not insist students consume any or all food items of their cold lunch.

* Sharing food item is discouraged.

* Parents may send foods of minimal nutritional value of their choice to school for their children to consume as a part of his/her lunch break.

*Parents and students are encouraged to bring healthy food/beverage choices for their cold lunch.

The measuring implementation plan will be updated annually.

A selection of acceptable choices of approved foods and beverages will be developed and updated annually by Esmeralda County School District Food Service Department. This list will be distributed to all school sites for use in ordering items for student stores, a la carte sales and school sponsored fundraising activities

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Sample Snacks that Meet Recommended Criteria Of the Esmeralda County School District Nutrition/Wellness Policy.

The following list is a sample list to help decide on healthy snacks.

Items listed below are suitable for a la carte sales, student store sales, fund-raisers, student incentives/rewards and other snack item sales throughout Esmeralda County School District.

Many items not listed may meet the criteria.

To meet the recommended criteria, snack items cannot exceed;

Maximum of **30%** Total Calories from Fat; **10%** Total Calories from Saturated Fat;

Maximum of **35%** Sugar by Weight; Maximum of **600 mg.** of sodium.

Item	Serving Size (weight)
Fresh Fruit	
Apple-Red	Medium
Banana	Medium
Orange	Medium
Pear	Medium
Tangerine	Medium
Grape (Green/Purple)	1 Cup
Canned/Dried Fruit	
Canned Fruit (Del Monte)	4 oz
Lite Diced Peaches (Del Monte)	4 oz
Lite Mixed Fruit (Del Monte)	4 oz
Fruit Cup (Dole)	4 oz (113 g)
Fruit Bowls (Dole)	4 oz (113 g)
Raisins (All)	1.53 oz (43 g)
Prunes (Sunsweet)	1.43 oz (40 g)
Chips/Snacks	
Apple Chips (Bare Fruit)	18 g
Baked Classics (Sour Cream & Onion, Mesquite Barbeque) Chip	.5 oz or 1 oz
Baked KC Masterpiece BBQ Chip (Lays)	1.5 oz or less

Baked Original Potato Chips (Lays)	1.5 oz or less
Baked Sour Cream & Onion Chips (Lays)	1.5 oz or less
Baked Cooler Ranch (Doritos)	1.5 oz or less

Item	Serving Size (weight)
Baked Ruffles, All Flavors	1.5 oz or less
California Classics-Cheese Balls(Hot & Crunchy Cheese Curls, Caramel) Classic Foods, Inc	.75 oz (21.3 g) or 1.5 oz (42 g)
Chex Mix-traditional & Honey nut only (General Mill)	1.5 oz or less
Chex Morning Mix Fruit & Nut (GM)	1.15 oz (32 g)
Cocoa Sunnies (Dakota Gourmet)	
Cool Ranch Toasted Corn (Dakota Gourmet)	1 oz (28 g)
Corn Nuts (Original & Ranch only) (Kraft)	1.39oz (39 g)
Flat Fruit All Flavors (Tree Top Food Service)	1 Bar (14 g)
Fruit Energy Bar Citrus, Cherry/Berry, Tropical & Wild Berry (Tree Top Food Service)	1.32 oz (37 g)
Guiltless gourmet Corn Chips	28 oz
Kettle Corn Crunchies (The Popcorn Man)	1.2 oz
Hot Rodz Soft Pretzel Sticks (Bavarian Brothers)	1.2 oz (34 g)
Light Lay's Doritos Nacho Cheesier	1.5 oz or less
Light Lay's Original Chips (Frito Lay)	1.5 oz or less
Munchies Kids Mix-Frito Lay	1 oz
Newman's Own Pretzel Sticks	1 oz
Mixed fruit 100 Calories Pack-Nabisco	1 oz
Orville Redenbacher Smart-Pop	38 g
Peanut, blazin' Hot (Kars Nut Products Co.)	1.5 oz or less
Peanuts, hot & Spicy - Planters	1.5 oz or less
Peanuts, salted-Kraft	1.5 oz or less
Pepperidge Farm-Pretzel Goldfish	.75 oz
Planter's Light Salted Peanuts	1.5 oz or less
Planter's Low Salt Dry Roasted Nuts	1.5 oz or less
Planter's Hot & Spicy Peanuts	1.5 oz or less
Pop Secret 94% Fat Free Popcorn	1.4 oz
Pretzel, mini (Tools for School)	.75 oz (21.2 g)
Pretzel (generic)	1 oz (30 g)
Pringles Fat Free	1 oz
Pita Puffs Ranch (Handi Foods)	.6 oz
Quaker Quakes Rice Snacks-Cheddar Cheese	.67 oz (19 g)
Real Fruit bar (Kettle Valley)	.7 oz or 1.4 oz
Rold Gold Classic Tiny Twists Pretzels	1 oz
Rold Gold Honey Braided Twists	1 oz
Ruffles Wow! Potato Chips (All Flavors)	28 g
Sunkist Fruit Snacks	.9 oz (25.5 oz)
Super Pretzel Soft Pretzel	2.5 oz

Super Pretzel Soft Pretzel Bites (J&J Snacks)	Up to 3 oz (84 g)
Super Pretzel Soft Pretzel (J&J Snacks)	Up to 3 oz (84 g)
Tostitos Baked Tortilla Chips	1 oz

Item	Serving Size (weight)
Cookies and Cracker	
All Sports Bites Grahams (MJM)	3 oz
All Sports Bites Trans Fat Free (MJM)	28 oz
Apple Cinnamon Bear Grahams (MJM)	.9 oz(26oz)
Apple Cinnamon Waffle Grahams Strawberry, Blueberry (MJM)	.9 oz (26oz)
Austin Zoo Animal Crackers	30g
Barnum's Animal Cracker	30g
Chees-it Reduced fat Crackers (Sunshine/Keebler)	1.5 oz (43g)
Cheese Nips 100 calorie Packs-Nabisco/Kraft	.74oz (21g)
Chocolate Bear Grahams (MJM)	.9oz (26g)
Chocolate Grahams Cookies (Stauffer's)	1 oz (28g)
Cinnamania Cinnamon Bun Graham Snacks(Kellogg's)	1.76oz (50g)
Cinnamania French Toast Grahams Snacks (Kellogg's)	1.76oz (50g)
Cookie Monster Cookies	30g
Crunchy Cookie Oatmeal Raisin (Quaker)	1.23 oz (35g)
Famous Amos Gingersnaps	24g
Goldfish Crackers, Parmesan (Pepperidge)	.75oz (21g)
Animal Crackers (Keebler)	56g
Animal Crackers, Undersea Friends (Keebler)	2 oz (56g)
Chocolate Graham Crackers (Keebler)	31 g
Fat Free Zesta (Keebler)	31 g
Honey Graham Crackers (Keebler)	30g
Iced Animal Crackers (Keebler)	32g
Original Graham Crackers (Keebler)	29g
Reduced Fat Wheatables (Keebler)	31g
Teddy Grahams (Keebler)	1 oz
Mini Honey Maid Oatmeal Raisin Cookies	2 oz
Honey Maid Cinnamon Graham Sticks (Nabisco)	1.75oz
Original Premium Saltine Crackers (Nabisco)	18g
Teddy Grahams Cookie Cinnamon (Nabisco)	30g
Newton Bars-Nabisco	1.3 oz
Pepperidge Farms Giant Goldfish Cinnamon and Chocolate	.9 oz
Reduced Fat Chocolate Chip Cookies Dough (Otis Spunkmeyer)	1.33 oz

Ritz Chip Original (Nabisco)	.75 oz(21g)
Ritz Cracker Dinosaurs (Nabisco)	1 oz (28g)
Vanilla Bear Grahams (MJM)	.9 oz (26g)
Vanilla Wafer (Nabisco)	1 oz (28g)
Wheat Thins 100 Calorie Packs (Nabisco/Kraft)	.74 oz (21g)
Wheatworth Crackers (Nabisco/Kraft)	.5 oz (13g)
Wild Things Animal Cracker (Super Snax)	1.5 oz (42.5g)

Item	Serving Size (weight)
Breakfast/Cereal/Energy Bars	
Advantage Edge Bar	57 g
Breakfast Squares (Darlington Farms)	1.7 oz (48 g)
Cobbler Cereal Bar (apple, Strawberry)	1.3 oz (37 g)
Bagel*ers Cinnamon Brown Sugar & Cream Cheese Bars	2.5 oz
Fruit Bar (Apple, Blueberry, Strawberry) (Stauffer Biscuit Company)	1.3 oz (37 g)
Fruit Energy Bar (Flat Fruit)	1.41 oz (40g)
Good Source Fruit & Grain Bar, Strawberry	37 g
Journey Chew Multi-Grain Apple Cinnamon, Peanut Butter w/fudge Chunks (Keebler)	1.3 oz
Chex Milk & Cereal Bar (General Mills)	1.4 oz (40 g)
Nutri-Grain Cereal Bar (All Flavors)	37 g
Pop Tarts, Unfrosted (Kellogg's)	52 g (1 pop tart)
Pop Tart, Frosted (Frosted Brown Sugar Cinnamon, Frosted Blueberry Only (Kellogg's)	50 g (1 pop tart)
Protein Plus	85 g
Harvest power Bar Chocolate & Apple Crisp)	65 g
Quaker breakfast Squares (All Flavors)	60 g
Nature Valley Granola Bars (All Flavors)	1 bar
Nature Valley Granola Bars w/yogurt (All Flavors)	1 bar
Quaker Chewy Granola Bar (Peanut Butter, Butterfinger, Peanut & Chocolate Chunk, S'mores low fat, Oatmeal Raisin low fat, Cinnamon Sugar, Baked Apple) (ONLY)	28 g
Quaker Fruit n' Crunch	40 g
Quaker Fruit & Oatmeal Bar	1.3 oz
Reduced Fat Donut plus (Super Bakery)	3 oz (84 g)
Rice Cakes	13 g
Rice Krispies Treat Original Only (Kellogg's)	1.3 oz (37 g)
Snickers Marathon Bar (Multi-Grain Crunch,	

Chewy Chocolate Only	1.94 oz (55 g)
Special K Bar All Flavors (Kellogg's)	23 g
Team Cheerios Cereal Bar(General Mills)	40 g
Trix Cereal Bar (General Mills)	40 g
Little Debbie & Sunbelt Snacks	
Angel Cakes (Raspberry)	46 g
Fudge Brownies (Reduced Fat)	54 g
Oatmeal Cream Pies (Reduced Fat)	38 g
Chewy Granola Bars (Low Fat) Oatmeal Raisin	35 g
Fruit and Grain Cereal Bars (Apple, Raspberry)	39 g

Item	Serving Size (weight)
Little Debbie & Sunbelt Snacks	
Fruit & Grain Bars (Blueberry, Strawberry)	37 g
Fruit Jammers Snacks	28 g
Frozen Desserts	
Big Stick Rainbow (Good Humor)	3.5 oz
Big Stick Cherry Pineapple (Good Humor)	3.5 fl oz
Big Stick Lick A Color (Good Humor)	3.5 oz
Bubble gum Swirl-Popsicle (Good Humor)	2.6 oz
Cotton Candy Swirl -Popsicle (Good Humor)	2.6 oz
Creamsicle (Good Humor)	2.7 fl oz
Firecracker Jr. (Good Humor)	3.5 fl oz
Good Humor Sandwich	3.5 fl oz
Original Fudgsicle Bar Popsicle (Good Humor)	2.7 oz
Pop-ups (Reckless Rainbow, Orange Burst, Rainbow, Sponge Bob) (Good Humor)	2.75 oz
Xtreme Sport(Good Humor)	3.7 oz
Natural Strawberry Fruit & Juice Bar (Breyers)	3.75 oz
Bomb Pop-Red, White, Blue (Blue Bunny)	2 oz
Fat Free Yogurt Cups (Blue Bunny)	4 oz
Frozen Fruit Bars (Pineapple, Mango, Strawberry (Blue Bunny)	4 oz

Health Smart Fudge Bar (Blue Bunny)	2.5 oz
Health Smart Ice Cream Cups (Blue Bunny)	4 oz
Low Fat Fudge Bar (Blue Bunny)	2.5 oz
Low Fat Orange Dream Bar (Blue Bunny)	3 oz
Low Fat Pudding Pop-Vanilla/Chocolate Swirl (Blue Bunny)	1.75 oz
Frozen Yogurt (low Fat)	4 oz or less
Strawberry frozen Fruit Bars (Fruiti Pops)	4 fl oz
Tamarind Frozen Fruit Bar (Fruiti Pops)	4 fl oz
Fruit-a-Freeze Chunks of Fruit Strawberry, Pineapple, Mango, Lime, Lemon (Cool Brands)	1 bar (114 g)
Fruit-a-Freeze Tamarindo (Cool Brands)	1 bar (89 g)
Skinny Cow Fudge Bar	3.0 fl oz (57 g)
Skinny Cow Vanilla Chocolate Cup	3.6 fl oz (68 g)
Skinny Cow Vanilla Strawberry Cup	71 g
Skinny Cow Vanilla Sandwich	76 g
Ice Tickle	2 oz (57 g)
California Frozen Yogurt	4 oz or less

Item	Serving Size (weight)
MISCELLANEOUS	
Beef Jerky Original, Hot & Spicy (Double B Foods)	1 oz (28 g)
Burrito Vegetarian (Fiesta Santa Fe)	5 oz (140 g)
Easy Mac Macaroni & Cheese (Kraft)	1 pouch (61 g)
Enjoy Gourmet Foods Beef Jerky	1 oz
Hunt's Snack Pack Pudding (ConAgra foods)	3.5 oz
All Bran Cereal	1.1 oz
Cheerios Cereal (General Mills)	1 oz
Cornflakes (Kellogg's)	21 g
Froot Loops 1/3 Less Sugar (Kellogg's)	¾ cup, 1 oz
Frosted Flakes 1/3 Less Sugar (Kellogg's)	¾ cup, 1 oz
Low Fat Granola Cereal (Kellogg's)	49 g
Updated Items	
Mini Shredded Frosted Wheat Cereal (Kellogg's)	51 g
Raisin Bran Cereal (Kellogg's)	2.1 oz
Rice Krispy Cereal (Kellogg's)	33 g

Special K Cereal (Kellogg's)	21 g
Complete Wheat Bran Flakes (Kellogg's)	.875 oz/bowl size
Cornflakes (Kellogg's)	.75 oz/bowl size
Crispix (Kellogg's)	.75 oz/bowl size
Frosted Mini -Wheat Cereal Bite Size (Kellogg's)	1 oz/bowl size
Product 19 (Kellogg's)	.75 oz/bowl size
Rice Krispy Cereal (Kellogg's)	.625 oz/bowl size
Special K Cereal (Kellogg's)	.625 oz/bowl size
Raisin Bran (Kellogg's)	1.25 oz/bowl size
Cheez-it RF Cracker	1.5 oz
Animal Cracker (Keebler)	2 oz
Animal Cracker (Sunshine)	.75 oz
Club Cracker	5.25 oz
Se Animals Cracker (Austin)	1 oz & 2 g
Zoo Animals Cracker (Austin)	2.125 oz
Dolphin & Friends Animals Cracker (Austin)	.9 oz
Peanut Butter on Cheese Cracker (Austin)	7 g
Peanut Butter on Toasty Cracker (Austin)	6 g
Cheese & cheddar (Austin)	7 g
Sugar Free Shortbread, Vanilla Crème, Lemon Crème, Chocolate Chip Sandwich Cookies (Keebler)	6 g
Sugar Free Chocolate Crème Sandwich Cookies (Keebler)	7 g
Chocolate Chip (Famous Amos)	7 g
(Hunts) Juicy Gels-Flavors Raspberry/Mix Berry, Tropical Punch, Strawberry/Orange, Strawberry	99 g

Item	Serving Size (weight)
MISCELLANEOUS	
Updated Items	
(Hunt's) Fat Free Pudding Snack Pack-Flavors Chocolate, Vanilla, Tapioca	99 g
Crunch 'n Munch Fat Free Toffee Popcorn	All sizes
Pop Secret, 94% Fat Free Kettle Corn Popcorn (General Mills)	1.5 oz
Gardellas Deli Style Mustard Pretzel	All Sizes
Chex Mix for Kids-Flavor Crazy Creature Cheddar, Castle Adventure Pizza, Funny face Triple Cheese	All Sizes
Chex Mix Sweet and Salty, Honey Nut, Sweet and	

Salty Trail Mix, Hot Spicy, Traditional	All Sizes
Light Nacho Cheesier Flavored Tortilla Chips (Doritos)	28 g
Light KC Masterpiece BBQ Flavor Potato Chip (Lays)	28 g
Light Original Potato Chip (Lays)	28 g
Light Original, Cheddar & Sour Cream Potato Chip (Ruffles)	28 g
Light Restaurant Style Tortilla Chips (Tostitos)	28 g
Butter Toffee Clusters (Crackers Jack)	28 g
Original Carmel Coated Popcorn & Peanuts (Crackers Jack)	28 g
Original Reduced Fat (Pringles)	28 g
Grandma's Oatmeal Raisin Cookies	39 g
Beef Jerky Original & Hickory Smoked (Oberto)	15/16 oz
Teriyaki Beef JERKY (Pacific Coast Jerky)	½ oz (14 g)
String Cheese (All Brands)	1 oz
English Muffin Original (Thomas)	57 g
Twisted Cinnamon Stick (Buena Vista)	1.3 oz (50.4 g)
Yogurt Danimals, Fruit on the Bottom, Light`n Fit, Natural Flavors (Dannon)	6 oz
Yogurt, Light `n fit Creamy (Dannon)	4 oz
Yogurt, Fat free (Upstate Farms)	4 oz (112 g)
Yogurt, Trix (Yoplait)	4 oz (112 g)
Low Fat Cheese Pizza (Nick & Willy's)	1/10 of 16" pie
Low Fat Cheese Pizza (Nick & Willy's)	1/8 of 14" pie
Low Fat Cheese Pizza (Foothill HS Special recipe) (Tony's Pizza)	1/10 of 16" pie
Hand Tossed Pizza w/Ham & Pineapple, top cheese only (Pizza Hut)	1/10 of 16" pie

Item	Serving Size (weight)
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Approved Beverages	
Aquafina (Pepsico)	Purified Water, Plain, up to and including 20 oz bottle Flavor Splash Water, all flavors, up to and including 20 oz bottle
Campbell's	100% Juice Tomato, 5.5 oz. and 12 oz. can
Capri Sun	100% Juice Fruit Waves, Fruit Dive, Berry breeze, Apple Splash Flavors, 6.75 oz. pouch
Coca Cola	Powerade Sport Drink, up to and including 20 oz bottle Mountain Blast, Fruit Punch, Lemon-Lime, Orange, Arctic Shatter Green Squall and Jagged ice, Powerada Option, Low calorie sports drink, all flavors, up to and including 20 oz bottle
Dannon	Natural Spring Water, up to and including 20 oz bottle Dannon Frusion, all flavors, 10 oz. Dannon Light n' fit Smoothie, all flavors, 7 oz. Dannon Danimals Drinkable Low Fat Yogurt, all flavors, 3.1 oz.
Decaffeinated Tea	All Flavors
Dasani (Coca Cola)	Purified Water, Plain, 16.9 oz. (1/2 liter), 20 oz Flavored Water, 20 oz
Dole	100% Juice, Orange, Juice, 16 oz. bottle, Pineapple juice
Gatorade (Quaker)	All flavors, up to and including 20 oz plastic bottle Propel Fitness Water, 16.9 oz., Natural Black Cherry, Natural Lemon, Orange, Berry
Geyser	Flavored Waters, all flavors, up to and including 20 oz bottle
Giga fruit (Veryfine)	100% Juice Blends, 11.5 oz. can, Stark Raving Orange, Banana Madness, twisted Cherry and Crazy Kiwi 100% Fruit Juice
Hansen's Juice Slam	100% Fruit juice, Wild Berry, Strawberry-Banana Twist, Paradise Punch, 8.45 oz. box
Hansen's Natural juice	100% Juice, Apple blaster, 6.75 oz. box, Tropical Peach, Berry Blast, Apple Grape, Apple Juices, 10 oz.
Hershey's	Chocolate milk, Fat Free, 16 oz. Plastic bottle
Island Oasis Smoothies	All Favors (except ice cream), 8 oz
Juicy Juice (Nestle)	100% Juice, Punch, Berry, Grape, Apple, Cherry, Kiwi- Strawberry, Orange Tangerine Flavors, 6.75 oz and 4.23 oz. box
Libby's Juicy Juice	100% Juice, Apple, Grape and Cherry Flavors, 6.75 oz box
Libby's J-Max	100% Juice, Watermelon Madness, Wild Cherry Craze, Berry Lemon Blast, Apple Frenzy Flavors
Minute Maid	100% Orange, Apple, and Calcium added Orange Juice, 12 oz. can, 8 oz. plastic bottle, 15.2, 16 oz. or 12 oz plastic bottle
Minute Maid	100% Juices, Orange Tropical, Fruit Punch, Apple, Orange, Mixed Berry, 6.75 oz. box
Motts	100% Juice, grape, 6.75 oz. box
Nestle	Nesquick, Chocolate Milk, Fat Free Rich Chocolate Cocoa Mix, 8 oz (28.3 g/1 envelope) Hot Cocoa mix, no sugar added, 8 oz. (15 g/1 envelope)

Item	Serving Size (weight)
Approved Beverages	
Northland	100% Juices (no sugar added), Cranberry, Cranberry-Grape, Cranberry-Raspberry, 5.5oz. can
Pepsi Cola	Synergy 11.5 oz. Quaker Milk Chillers, all flavors, 11oz.
Ridgefield’s Smoothies	100% Fruit Juice, No Added Sweeteners, No artificial Flavors, 10 oz. cup
R.W. Knudsen Family recharge	Electrolyte Replacement beverage, Grape, Lemon and Orange and Tropical Flavors, 16 oz plastic bottle
Rice Choice	Rice Milk, Original Enriched
Shawrock	Sugar-free Chocolate Flavor Milk, Flavored Milks (Strawberry, Mocha, White)
Smart & Final	100% Apple or Orange Juice
Smoothie King	Low Fat Fruit Smoothies
Snapple 100% Juice	100% juice Beverage, Melon Berry, Wild Cherry, Green Apple, Orange Mango, Fruit Punch, Grape Flavors, 11.5 oz. can
Sunkist	100% pure Orange juice, 16 oz. plastic bottle
Superior Coffee	Kayo Hot Chocolate, 8 oz. (25 g/1 envelope)
Swiss Miss	Hot Chocolate, 8 oz. (28 g/1 envelope) Hot Chocolate, no sugar added w/calcium, 8 oz. (16 g/1 envelope)
Tropicana	100% Apple Juice, 10oz, 6.75 oz.
Tropicana Pure Premium	100% Orange juice, with or without added calcium, 14 & 16 oz. plastic bottle, 8 & 10 oz. carton, Healthy Kids orange Juice with added calcium, 100% Orange-Pineapple Juice, 16 oz. plastic bottle

V-8	100% Juice, regular and Spicy Hot, 5.5 oz. and 12 oz. can, invigor 8 (100% Juice, No Sugar Added)
Vita-Fresh	100% Juice, Orange or Apple/Cherry, 10 oz. carton
Vitality	100% Fruit Juice, 6 oz.
Vita-Moist	100% Orange Juice, Calcium Fortified, 4 oz. or 6 oz.
Welch's	100% Juice, Apple, Grape or Orange Juice, 12 oz. can or 16 oz. plastic bottle 100% Juice, White Grape-Berry, grape-Cherry, Grapefruit, Orange, Apple, White grape-Peach flavors, 11.5 oz. can or 10 oz. plastic bottle, 100% Apple, Orange, Grapefruit, Grape, 5.5 oz.
YOO-HOO	Lite, 9 oz.: Dyna Mocha, 8 oz; Strawberry, 8 oz.; Double Fudge, 8 oz.; Chocolate, 8 oz.
* All fresh, chilled juices and milks must be pasteurized- this statement must appear on the label	
Items may be added to or deleted from the list as nutrient information becomes available. If you have any questions, please contact Food Service at (775) 572-3250 or (775) 572-3321 Revised 04/18/06	