



Rio Rancho Public Schools Mid-High and High Schools Nutrition Guidelines



In accordance with federal and state requirements, Rio Rancho Public Schools has adopted guidelines for foods and beverages that may be sold to students.

These guidelines apply to all foods and beverages sold to students that are not part of the USDA school lunch program. They apply to anyone or any group that sells food to students at school or in connection with a school-sponsored event. This includes PTA and PTSA/PTSO's, school clubs and organizations, and booster clubs.

To view in full Rio Rancho Public Schools' Student and Staff Health and Wellness Policy (#358) and the new nutrition guidelines (Appendix D to the policy), visit the Rio Rancho Public Schools Web site, www.rrps.net. Questions may be addressed to the RRPS Student Services office, 896-0667 ext. 129.

During the school day

• Beverages

- Beverages that may be sold at any time shall include only milk with 1% or less fat content, soy milk, water, and juice that is at least 50 percent fruit juice and that has no added sweeteners and a serving size not to exceed 20 ounces.
- In addition, after the last lunch period, the following beverages may be sold to high school students from vending machines
 - Carbonated soft drinks that are both sugar free and caffeine free
 - Non-carbonated flavored water with no added sweeteners
 - Sports drinks

• Food

- Foods sold during the lunch period must meet the following requirements
 - No more than 400 calories per container or per package or amount served; and
 - No more than 16 grams of fat (no more than 2 grams from saturated and trans fats 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
- Foods from vending machines may be sold anytime and must meet the following requirements:
 - No more than 200 calories per container or per package or amount served; and
 - No more than 8 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served; and
 - No more than 15 grams of total sugar per container or per package or amount served
- Foods sold during the school day other than at lunch or from vending machines must meet the following requirements:
 - No more than 200 calories per container or per package or amount served; and
 - No more than 8 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served; and
 - No more than 15 grams of total sugar per container or per package or amount served
- Nuts, seeds, cheese, yogurt, and fruit are exempt from the above limitations at any time when food may be sold

Outside of the school day:

The requirements for food and beverages outside of the school day (before school, after school, and at school-sponsored events) are the same for all grade levels. At least 50% of the items offered for sale must meet the guidelines for food and beverage sales outside of the school day. For further information, see the separate flyer on food and beverage sales for school-sponsored activities held outside of school hours.