

Junior High and High School: Compliant Foods and Beverages

Compliant Foods (Senate Bill 12) and Compliant Beverages (Senate Bill 965)

Information provided by Project Lean, Leaders Encouraging Activity and Nutrition

Compliant Foods (SB 12) (Applies before school until 30 minutes after school.) Applies to those foods sold outside of the National School Breakfast or Lunch Programs.	
Snacks (Generally regarded as supplementing a meal)	Entrees (Generally regarded as the primary food in a meal)
Individually sold food items must meet the following: <ul style="list-style-type: none"> • not more than 250 calories • not more than 35% of total calories from fat • not more than 10% of total calories from saturated fat • not more than 35% of total weight from sugar (natural and added) 	Entrees shall: <ul style="list-style-type: none"> • contain no more than 400 calories • contain no more than 4 grams of fat per 100 calories

Compliant Beverages (SB 965) (Applies 30 minutes before start of school day until 30 minutes after end of school day.)
The following may be sold: <ul style="list-style-type: none"> • fruit and vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener • 2%, 1% or nonfat milk, soy milk, rice milk, and other similar nondairy milk • water with no added sweetener • electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

Exempt Foods These foods do not have to meet the fat and saturated fat limits for snacks but must be under 250 calories per serving.	
<ul style="list-style-type: none"> • nuts • nut butters (such as peanut butter) • seeds (such as sesame seeds) • eggs 	<ul style="list-style-type: none"> • cheese packaged for individual sale • fruit/vegetables that have not been deep fried • legumes

These foods do NOT meet Senate Bill 12 and Senate Bill 965

<ul style="list-style-type: none"> • deep-fried vegetables (such as french fries, onion rings) • regular corn chips, tortilla chips, potato chips, Cheetos® 	<ul style="list-style-type: none"> • candy and candy bars • regular pastries, donuts, sweet rolls, cinnamon buns • soda
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To determine if an individual snack meets SB 12 food standards, read the Nutrition Facts label. For assistance with this, visit the on-line snack calculator at www.CaliforniaProjectLEAN.org. The on-line calculator allows you to input information from the Nutrition Facts label and find out in a few seconds if the food meets the standards.