

A La Carte/Vending Machine Guidelines

Indiana Senate Bill No. 111
IC 20-26-9

Beverage Guidelines

*At least fifty percent (50%) of the beverage items available for sale at a school or on school grounds (during the school day) must qualify as better choice beverages.

*The following do not qualify as better choice beverages:

- Soft Drinks
- Punch
- Iced Tea
- Coffee
- Fruit/Vegetable drinks that contain < 50% real fruit or vegetable juice
- Fruit/Vegetable drinks that contain additional caloric sweeteners
- Drinks that contain caffeine (except lowfat and fat-free milk)

*The following do qualify as better choice beverages:

- Fruit/Vegetable drinks that contain >50% real fruit or vegetable juice
- Fruit/Vegetable drinks that do not contain additional caloric sweeteners
- Water and Seltzer water that do not contain additional caloric sweeteners
- Low-fat milk, Fat-free milk, including chocolate milk, and other similar dairy and nondairy calcium fortified milks.
- Isotonic beverages

*A beverage item may not exceed 20 ounces.

Food Guidelines

*At least fifty percent (50%) of the food items available for sale at a school or on school grounds (during the school day) must qualify as better choice foods.

*Food items that meet the following standards are considered better choice foods:

- ≤ 30% total calories from fat
- ≤ 10% total calories from saturated and trans fat
- ≤ 35% weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products

*A food item containing more than 210 calories may not exceed the following portion limits:

- 1.75 oz Potato chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruit, jerky
- 2.0 oz Cookies and cereal bars
- 3.0 oz Bakery Items- pastries, muffins, donuts
- 3.0 oz Frozen Desserts- ice cream
- 8.0 oz Nonfrozen Yogurt

*Entrée items and side dish items sold A La Carte, including french fries, etc..., may not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch/breakfast program.

** Guidelines are based on Indiana Senate Bill 0111- Effective July 1, 2006 **