

SY 2015-2016
Middle/Junior High/High School
Allowable Competitive Foods/Beverages - Maximum Portion Size List

(Approved by the Arkansas Child Health Advisory Committee, April 8, 2015)

Competitive Foods sold in the cafeteria (a la carte and second meals) or sold outside the cafeteria (vending, fundraisers, etc.) during the declared school day must meet both the Federal Smart Snacks Regulations and the Arkansas Nutrition Standards.

All items must be entered into the Alliance for a Healthier Generation Calculator, and any item sold as a competitive food in a school must receive an “approved item” rating from the calculator. Schools should print and maintain a file of all approved item ratings of all products sold or given away on campus.

The calculator can be found at:
<https://foodplanner.healthiergeneration.org/calculator/>

Due to varying definitions of the term “declared school day,” schools should use the chart below to determine which rules apply at what times during the school day.

Time Period	USDA Rules in Effect	AR Rules in Effect
12:00am (mid-night) THROUGH Beginning of Declared School Day Food / Beverages meeting Smart Snacks Regulations can be sold	YES	NO
Beginning of Declared School Day UNTIL 30 Minutes After Last Lunch Period Ends NOTHING can be Sold, Given-a-Way, etc. at any school	YES	YES
30 Minutes After Last Lunch Period Ends UNTIL End of Declared School Day Foods / Beverages listed on the ADE Maximum Portion Size List with nutrients restricted as listed AND meeting the Smart Snack Regulations can be sold in Middle/Junior High/High Schools	YES	YES
End of Declared School Day UNTIL 30 Minutes After End of School Day Foods / Beverages meeting Smart Snacks Regulations can be sold.	YES	NO

Arkansas Rule that Supersedes the Federal Rule	
Carbonated Beverages (12 oz serving size)	Less than or equal to 55 mg caffeine/serving

Portion Restrictions for French Fries/Fried Potato Products

School Level	Maximum Serving Size Deep Fat Fried Potato Products	Frequency Limitations to Serving Deep Fat Fried Potato / Sweet Potato Products
Elementary School	3/4 cup	One (1) time / week
Middle School	1 cup	Per Meal Pattern Guidelines
Junior High School	1 cup	Per Meal Pattern Guidelines
High School	1 1/2 cups	Per Meal Pattern Guidelines