

KY Food & Beverage Legislation

- The first “window” opens when the first child arrives in the morning and closes 30 minutes after lunch. While this “window” is open, no sales of any food or beverage item may take place except as part of the school breakfast or lunch program.
- The second “window” opens at 30 minutes after lunch and closes at the end of the last instructional period. While this “window” is open, vending machines, school stores and school canteens, etc., may sell only food and beverage items that meet the KY Nutritional Standards.
- The third “window” opens at the close of the last instructional period in the afternoon and closes at the arrival of the first student on the following morning. While the third “window” is open, there are no restrictions on what may be sold.

Food

- While the first “window” is open... sales are limited to those conducted as part of the school breakfast and lunch programs. Schools may offer for a la carte sale on the cafeteria line any item that meets the KY food nutritional standards or any item that is creditable under the National School Breakfast or National School Lunch Program meal patterns.
- When the second “window” opens... schools may offer for sale through vending machines, school stores, canteens, etc., only food items that meet the KY nutritional standards.
- When the third “window” opens... schools may offer any food item they choose in vending machines, school stores, canteen, etc.

Beverage

- While the first “window” is open... sales are limited to those conducted as part of the school breakfast and lunch programs. Schools may offer for a la carte sale on the cafeteria line any item that meets the KY beverage nutritional standards or any item that is creditable under the National School Breakfast or National School Lunch Program meal patterns.
- When the second “window” opens... schools may offer for sale through vending machines, school stores, canteens, etc., only beverage items that meet the KY nutritional standards.
- When the third “window” opens... schools may offer any beverage item they choose in vending machines, school stores, canteen, etc.

The beverage standards are the same for elementary, middle and high schools with the one exception of volume size (17 ounces for elementary schools and 20 ounces for middle and high schools). The Kentucky Board of Education strongly encourages all middle and high schools to offer the smaller volume beverages.

Minimum nutritional standards for all foods and beverages that are sold outside of the National School Breakfast and National School Lunch programs, whether in vending machines, school stores, canteens or ala carte cafeteria sales...

KY Food Nutritional Standards:

- Calories from fat shall not exceed 30%, excluding reduced fat (2% milk fat or less) cheese, nuts, seeds and nut butters. This shall be determined by dividing the calories from total fat by the total calories and multiplying by 100%. If the calories from fat are not available, the grams of fat shall be multiplied by 9 to equal calories from fat.
- Calories from saturated fat shall not exceed 10%. This shall be determined by dividing the calories from saturated fat by the total calories and multiplying by 100%. If the calories from saturated fat are not available, the grams of saturated fat shall be multiplied by 9 to equal calories from saturated fat.
- Sugar shall not exceed 32% by weight. This shall be determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This shall include both naturally occurring and added sugars.
- The grams of sugar shall not exceed 14 grams. This limit shall not apply to fresh, frozen, canned or dried fruits and vegetables.
- Chips, cereals, crackers, baked goods and other snack items shall not contain more than 300 mg sodium per serving.
- Pastas, meats and soups shall not contain more than 450 mg sodium per serving.
- Pizzas, sandwiches and main dishes shall not contain more than 600 mg of sodium per serving.
- The portion or pack sizes shall not exceed:
 - a. Chips, crackers, popcorn, cereal, trail mix, nuts, seeds or jerky – 2 ounces
 - b. Cookies – 1 ounce
 - c. Cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery type items – 2 ounces
 - d. Non-frozen yogurt – 8 ounces
 - e. Frozen dessert items, including low fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items – 4 ounces
- *A food item shall meet the above standards except schools may offer for ala carte sale any item that is creditable under the National School Breakfast or National School Lunch Program meal patterns.*

KY Beverage Nutritional Standards:

- Fluid unflavored or flavored milk that is no more than 1% milk fat;
- Plain or flavored, non-caloric, non-carbonated water;
- 100% fruit or vegetable juice or any combination of both totaling 100%; or
- Any other beverage that contains no more than 10 grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%; and
- Not exceed a volume size of 17 ounces, except for plain or flavored, non-caloric, non-carbonated water; or
- For sales to middle school or high school students (grade 6-12), the volume size of a beverage shall not exceed 20 ounces.