**PUSD Food & Beverage Guidelines**

**An Allowable Snack**
- does not contain more than:
  - 5% of calories from fat
  - 10% of calories from saturated fat
  - 5% sugar by weight
  - 175 calories for elementary students
  - 250 calories for secondary students

**Exempt Snacks can be served without meeting the definition above:**
- Nuts, nut butter, seeds, syrup, cheese packaged for individual sale, fruit, legumes and vegetables that have not been deep fried. These items can be served as snacks without meeting the definition above.

**Acceptable School Beverages:**
- Drinking water (unsweetened)
- Fruit or vegetable based drinks (no less than 50% fruit or vegetable juice and no added sugars)
- Milk (2%, 1%, nonfat, flavored, soy, rice and other similar non-dairy milk)
- Electrolyte replacement drink (less than 450 grams of sodium per 10 oz. high school only)

**Allowable Student Food & Beverage Snack List**

**Preferred Items:**
- Fresh fruits and vegetables
- Dried fruit
- Fruit snacks
- Canned fruits (apple sauce and peach cups)
- Cheese
- Nuts, seeds (consider allergies)
- Popcorn (consider allergies from the oil)
- Peanut butter (consider allergies)
- Low fat yogurt
- Bakery items (low fat muffins, low fat muffins)
- Pretzels
- Graham crackers
- Goldfish crackers
- Yogurt covered raisins
- Fresh juice or fruit bars (50% fruit juice or less)
- Trail mix without candy (consider allergies)
- Acceptable school beverages

**Limited Items:**
- Baked chips (Potato, tortilla, etc.)
- Granola bars
- Frozen yogurt or sorbet
- Cookies (low fat, low sugar)
- Smoothies

**Not Allowable:**
- Items not meeting guidelines
- Sodas
- Candy or gum
- Fried chips (Potato, tortilla, etc.)
- Food at personal celebrations
- Daily food rewards

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**Wellness in Action!**

**Pasadena Unified School District**

**MANY VOICES. ONE VISION.**

A guide to the healthy food measures adopted by Pasadena schools to foster wellness in our children.