

Competitive Food and Beverage Standards for Massachusetts Public Schools  
Reference: 105 CMR 225 Department of Public Health  
Quick Summary

Standards apply to all competitive foods and beverage sold or provided to students during the school day including 30 minutes before and 30 minutes after school day. Food and beverages sold through vending machines must comply with standards at all times.

- Standards do not apply to food and beverages sold as part of the federal nutrition programs including School Lunch and Breakfast (which follow USDA guidelines).
- Fresh fruit and non-fried vegetables must be offered for sale at any location where food is sold (not including non-refrigerated vending machines or beverage only vending machines).
- The standards do not apply to foods or beverages sold or provided at booster sales, concession stands, and other school-sponsored or school-related fundraisers and events. However, School Districts have the discretion to go beyond these standards and establish local policies.
- Quincy Public Schools Wellness Policy provides that these standards do not apply to booster sales, concession stands, and other school-sponsored or school-related fundraisers and events **held outside of the regular school day**. Principals, in conjunction with their individual School Wellness Team, may allow a waiver of these standards for no more than three school-wide events per year. Such school-wide events must be cultural/curriculum or celebratory based.

**Standards for Food Items** must be one serving per package size only and meet the following:

- 200 calories or less\*
- 200 mg sodium or less
- 35% or less calories from sugar\*\*
- 35% or less calories from fat\*\*\*
- 10% or less saturated fat calories\*\* \*
- Grain Based foods must be comprised of whole grains (first grain ingredient on label is whole grain).
- No artificial sweeteners are permitted.

**Standards for Beverage Items Allowed:**

- 100 % fruit juice 4 oz. serving size or less
- Milk 8 oz. or less, no more than 22 g sugar per 8 oz.
- Water, no added sugar, sweeteners or artificial sweeteners. May contain natural flavoring and/or carbonation.

**Exceptions:**

- \*Calories of a la carte entrées shall not exceed the calorie count of comparable National School Lunch Program entrée items which shall contain no more than 480 mg of sodium per item.
- \*\*Sugar calorie limit not applicable to 100% fruit/fruit juice with no added sugar.
- \*\*Sugar calorie limit not applicable to low fat or fat free yogurt with no more than 30g sugar per 8 oz. unit.
- \*\*\*Fat and Saturated Fat limits are not applicable to 1 oz. serving of nuts, seeds, nut butters or reduced-fat cheese.