



## COMPETITIVE FOODS & FOODS OF MINIMAL NUTRITIONAL VALUE

### Competitive Foods

Competitive foods are foods sold in competition with the school meal. This means a la carte foods are competitive foods. Federal regulations state that school food authorities shall establish rules or regulations, as necessary, to control the sale of foods in competition with meals served through the National School Lunch and Breakfast Programs. Competitive foods may, at the discretion of the school food authority, be allowed in the food service areas during the serving period. All income from such sales must accrue to the benefit of the nonprofit school food service account, or to the school/student organization approved by the school.

### Foods of Minimal Nutritional Value

Foods of minimal nutritional value have a specific definition in Federal regulations. The categories of foods of minimal nutritional value are: 1). Soda Water, 2). Water Ices, 3). Chewing Gum, 4). Certain Candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn). Foods of minimal nutritional value may not be sold in the food service area during lunch or breakfast.

### Milk

The Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) requires that the Bear Creek Community Charter School offer students fluid milk in a variety of fat contents.