



BRIGHTER HORIZONS ACADEMY

College Preparatory

3145 Medical Plaza Dr., Garland, Texas 75044

Tel. (972) 675-2062 Fax (972) 675-2063



Brighter Horizons Academy Nutrition Policy

BHA: Be Healthy and Active!

Policy Statement: To comply with the Texas State School Nutrition Policy & Healthy snacks.

Purpose: Studies show that kids do better in school when they eat healthy food and get regular exercise. Better grades lead to more chances for success!

A. Foods of Minimal Nutritional Value (FMNV)

Federal regulations, based on the Texas School Nutrition policy, prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. In order to comply with these regulations, BHA may **NOT** serve or provide access for students to FMNV and all other forms of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.) at any time anywhere on school premises, including school lunch program and snack tables, until the end of the last scheduled class and/or after school activity. List of FMNV restricted foods is attached below.

B. Packed Lunch brought from home by students

Parents shall provide a healthy and nutritious packed lunch for their child which may **NOT** contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc). Parents are recommended to refer to the Helpful Guide for Nutritious Snacks and Lunches (second page).

C. Use of food items as rewards in the classroom

BHA teachers and/or staff may **NOT** give FMNV or any candy, chips or desert type items as rewards/snacks to any student anytime on school premises and are encouraged to use non-food items as rewards. Food may be used for instructional purposes as long as the food item is not considered FMNV or candy.

D. FMNV and Policy Exemptions

- 1. School Nurses:** This policy does not apply to school nurses using FMNVs during the course of providing health care to individual students (i.e. glucose tablets for diabetics etc).
- 2. School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to six different events (i.e. Eid parties, etc) each school year as determined by BHA Administration.
- 3. Campus events are impacted by smart snacks standards:** The standards pertain to all campus food sales and food distributed at campus events during the defined school day. Individual classroom parties, evening and weekend events are excluded. Classroom parties are defined as a party confined to a single classroom. Common area (Libraries, cafeterias, auditoriums, gymnasiums and fields) are not considered a single classroom.
- 4. TAKS Test Days:** Schools and parents may provide additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the BHA Nutrition Policy and may not contain any FMNV or consist of candy, chips or dessert type items.
- 5. Field Trips:** School-approved field trips are exempt from the nutrition policy.
- 6. Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions.



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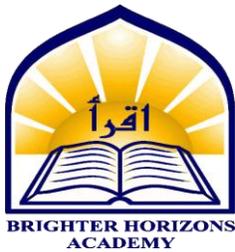
Applesauce/Fruit cups/Fruit snacks

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit w/ No Added Sugar	¼ cup
All Brands	Fresh Fruit & Vegetables-Individual bags or Platters	½ cup
Brother's	All-Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeeze Pouch-All Flavors	1 pouch (90g)
Chiquita	Fruit Cups 100% Fruit Freeze Dried-All Flavors	1 pouch (30g)
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz.)
Del Monte	Fruit Cups No Sugar Added-All Flavors	1 cup (106g)
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)
Del Monte	Fruit Burst Pouch-All Flavors	1 Pouch (90g)
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)
Dole	Fruit Cups in 100% Juice-All Flavors	1 Container (113g)
Dole	Fruit Cups in 100% Juice-All Flavors	1 Pouch
Earthbound Farms	Organic Raisins	1 box (43g)
Great Value	All-Natural No Sugar Added Applesauce-Individual cups	4oz unit (113g)
Great Value	Dried Apricots	7 pieces
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)
Kirkland	Peal Sliced Fruit – Freeze Dried – Individual Bags	1 bag
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)
O Organics	Raisins	1 box (1oz)
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch- All Flavors	1 pouch (4 oz)
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Plum Kids	Organic Mashups – All Flavors	1 pouch (90g)
Plum Kids	Organic Slam Dunk- Fruit & Veggie Dip- All Flavors	1Pack (52g)
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch- All Flavors	1 pouch (4 oz)
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Safeway	Realfruit Squeezable Sauce Pouch	1 pouch (90g)
All Brands	Raisins	1 box (1oz)

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- Ingredient and nutrition labels of each product sold or served.
- Approval of product from the Alliance for a Healthier Generation Smart Snacks Calculator.

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Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)
Corn Nuts	Variety Pack	1 package (1/3 cup)
Frito Lay	Baked! Cheetos – Regular and Flamin' Hot	.875 oz.
Frito Lay	Reduced Fat Doritos – Cool Ranch, Nacho Cheese	1 oz.
General Mills	Chex Mix Snack Mix – Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82 oz.)
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz

Nuts/Seeds

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)
David	Original Sunflower Seeds	1 bag (1.75 oz.)
Emerald	100 calorie Packs- Natural Almonds	1 bag (18g)
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 oz.)

Cookies/Crackers

Manufacturer	Name/Description	Serving Size
Kellogg's	Special K Cracker Chips – Individual Bags	1 package
Kellogg's	Rice Krispy Treat, Whole Grain	1.41 oz.
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)

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Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)

Drinks

Manufacturer	Name/Description	Serving Size
Campbell's	V-8 Fusion – Individual pouches-All flavors	1 pouch
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl.oz.)
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl. oz.)
Capri Sun	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl. oz.)
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz.)
68	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz. or less
Juicy Juice	Fruitfuls – All Flavors	6.75 fl oz
Kroger	100% Extreme 100% Juice – Apple, Fruit Punch, Grape	1 pouch (6.75 fl. oz.)
Martinellis	100% Pure Apple Juice	8 fl oz or less
Minute Maid	100% Juice – Apple, Fruit Punch, Apple White, Grape, & Mixed Berry	8 fl oz. or less
Motts	100% Apple Juice	8 fl oz. or less
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry & Pomegranate	8 fl oz. or less
Treetop	100% Apple Juice	8 fl oz. or less
Treetop	100% Juice Assorted	8 fl oz. or less
All Brands	100% Juice (Product must state 100% juice)	8 fl oz. or less
All Brands	Milk 1%, Fat Free (Flavored milk MUST be Fat Free)	8 fl oz. or less
All Brand	Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain only, No Flavors)	8 fl oz. or less

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Water

Manufacturer	Name/Description	Serving Size
Any	Pure Water, No Added Artificial sweetener and/or Caffeine	Any Size

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g).
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)
Chobani	Champions Tube-All Flavors	1 Tube
Cool Squeeze	Squeezable Yogurt	1 tube – 2.25 oz.
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 fl. oz.
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)
Dannon	Light & Fit	6 oz (170g)
Frigo	Light String Cheese	1 stick (28g)
Frigo	Light Variety String Cheese	1 stick
Great Value	Low-fat Yogurt –All Flavors	6 oz
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz
Jamba Juice	All Fruit and Fruit & Veggie Smoothies	8 oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)
Kraft	Mozzarella Cheese String – 2% Milk	1 stick
Kroger	CowPals Light – All Flavors	1 stick
Kroger	Greek Non- Fat and Lite Yogurt – All Flavors	6 oz (170g)

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Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar string cheese/cheese	1 stick
Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)
Stoneyfield	YoKids – Low-fat Yogurt – All Flavors	1 container (4 oz.)
The Laughing Cow	Babybel Light	1 piece
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge
Yoplait	Original Yogurt – All Flavors	6oz
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less
Yoplait	GoGurt – Portable Low-Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	GoGurt Protein – Portable Low-Fat Yogurt- All Flavors (simply GoGurt)	1 tube (64g)
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)
Yoplait	Light Yogurt – All Flavors	6 oz.

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)
Kroger	Chewy Granola Bars – Oatmeal Cookie, Peanut Butter, Chocolate Chip	1 bar (35 g)
Nature Valley .	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Kellogg's	Nutrigrain Bar – All Flavors	1.55 oz.

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Froze fruits/ice cream

Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)
Blue Bell	Fruit Bars-All flavors	1 Bar
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, and Raspberry	1 bar (51g)
Dryers	Outshine fruit bars and coconut water	1 bar
Fruttare	Fruit Bars-All flavors	1 bar
Fudgsicle	Fat Free-No sugar added/100 Calorie Bar	1 bar (65 g)
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)
Healthy Choice	Premium Fudge Bars	1 bar (3 oz),
Kona Ice	100% Juice	2 oz.
Kroger	No Sugar Added Fruit Bars - Variety Pack	1 bar
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich
Skinny Cow	Cones-All flavors	1 cone
Skinny Cow	Bars-all flavors-caramel, cookies & cream, fudge, chocolate	1 bar
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar (3oz)
Outshine fruit Bar	No Sugar Added fruit Bar- All flavors	1 bar
TCBY	Frozen Yogurt on The Go – All Flavors	1 pouch (60g)

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