

## School Wellness Policy Attributes “Sodium”

<b>District Name</b>	<b>BP/AR</b>	<b>Page #</b>	<b>Sentence</b>
<b>1. Alpine Union</b>	BP 5030	d	Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
<b>2. Escondido Union</b>	BP	4	School meals shall use foods low in sodium and limit sources of trans fatty acids whenever possible.
<b>3. Escondido Union High</b>	AR	2	Meals served through the National School Lunch and Breakfast Programs will: <ul style="list-style-type: none"> <li>• Meet the daily menu planning target levels for sodium, fiber and cholesterol.</li> </ul>
<b>4. Julian Union</b>	BP 5030	3	The district shall: <ul style="list-style-type: none"> <li>• Use foods low in sodium (no more than 230 mg per serving for chips, cereals, crackers, French fries, baked goods and other snack foods; and no more than 480 mg of sodium per serving for pastas, meats and soups; and no more than 600 mg of sodium for pizza, sandwiches, and entrees)</li> </ul>
<b>5. Julian Union High</b>	BP 5030	3	Use foods low in sodium (no more than 230 mg per serving for chips, cereals, crackers, French fries, baked goods and other snack foods; and no more than 480 mg of sodium per serving for pastas, meats and soups; and no more than 600 mg of sodium for pizza, sandwiches, and entrees)
<b>6. La Mesa Spring Valley</b>	AR	d	A food item sold individually will contain no more than: <ul style="list-style-type: none"> <li>• 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and no more than 600 mg of sodium for pizza, sandwiches, and main dishes</li> </ul>
<b>7. Oceanside Unified</b>	AR 5030		<ul style="list-style-type: none"> <li>• Ensure Nutritional Standards are Being Met in the School Lunch/Breakfast and Reimbursable Meal Programs</li> </ul>

			<ul style="list-style-type: none"> <li>• OUSD is moving towards buying foods with less additives and preservatives, such as artificial flavoring and coloring, MSG, excess sodium, corn syrup, and high fructose corn syrup.</li> </ul>
<b>8. Valley Center – Pauma</b>	BP 5030	3	<ul style="list-style-type: none"> <li>• Foods and beverages served at school or classroom celebrations are encouraged to meet the District’s Nutritional Standards for fat, sugar, calories, and sodium content.</li> </ul>