



REQUEST FOR QUOTATION - ICE CREAM AND NOVELTY ITEMS

The Massachusetts School Buying Group is soliciting price quotations for the 2023-2024 school year for ice cream and novelty items that comply with Massachusetts 105 CMR 225.000: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS (The “A” list”). The PDF Document “Massachusetts 105 CMR 225” is included with this request as a reference.

For more information on the John Stalker A List, please visit:
<https://johnstalkerinstitute.org/resources/school-snacks/alist/>

Prices shall be fixed, and valid for the entire 2023-2024 school year, beginning July 1, 2023, and ending June 30, 2024.

Please submit the following by email to Tim Goossens, tgoossens@food4schools.com no later than 3 p.m. on Friday, May 5, 2023:

- A listing of all available items meeting the A List criteria, the price of these items, ingredients, and nutritional information.
- Buy American documentation
- Availability of freezers and cost to district if any
- Minimum delivery amounts per location if any
- Availability of an online ordering system
- Credit Terms

Responses will be made available to all Massachusetts School Buying Group districts. Should a district wish to contract with a vendor for the 23-24 school year, they will do so independently. MSBG is not a fiscal agent for any member districts. All contracts shall be between the vendor and the individual districts, and all payments are the sole responsibility of these districts.

The MSBG is requesting quotations on behalf of member districts.

The MSBG Coordinator is not responsible for, and has no control over, actual quantities purchased by individual school districts.

A listing of all districts is included. Not all these districts will be purchasing ice cream items.

Please contact Tim Goossens at tgoossens@food4schools.com or 603-630-7322 with any questions.

MSBG Full District List

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
MSBG-E								
Abby Kelley Foster Charter Public School	Stephanie Collins	scollins@akfcs.org	6 New Bond Street Worcester, MA 01606	(508) 854-8400 x4645			1	1,427
Acton-Boxborough Regional Schools	Kirsten Nelson	knelson@abschools.org	16 Charter Road Acton, MA 01720	(978) 264-4700 x3221	Kirstin Lynch	klynch@abschools.org	8	5,498
Acushnet Public Schools	Shelley Mello	shelleymello@acushnetschools.us	708 Middle Road Acushnet, MA 02743	(508) 998-7943			2	950
Andover Public Schools	Gail Koutroubas	gkoutroubas@aps1.net	80 Shawsheen Road Andover, MA 01810	(978) 247-5520	Taylor Pirog	taylor.pirog@andoverma.us	9	5,924
Arlington Public Schools	Denise Boucher	dboucher@arlington.k12.ma.us	869 Mass Ave. Arlington, MA 02476	(781) 316-3643	Sharon Malone	smalone@arlington.k12.ma.us	10	6,365
Ashland Public Schools	Regina Wilkinson	rwilkinson@ashland.k12.ma.us	87 West Union Street Ashland, MA 01721	(508) 881-0165	Regina Wilkinson	rwilkinson@ashland.k12.ma.us	5	2,857
Assabet Valley Regional Technical High School	Carrie Murphy	cmurphy@assabet.org	215 Fitchburg Street Marlboro, MA 01752	(508) 485-9430 x1215	Carrie Murphy	cmurphy@assabet.org	1	1,113
Auburn Public Schools	Janice King	jking@auburn.k12.ma.us	5 West Street Auburn, MA 01501	(508) 832-7755 x2240			5	2,547


District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Ayer-Shirley RSD	Tom Houle	thoule@asrsd.org	114 Washington Street Ayer, MA 01432	(978). 772- 8600			4	1,622
Bellingham Public Schools	Liz Bell	lbell@bpsdk12.org	130 Blackstone Street Bellingham, MA 02019	(508). 883- 0744			5	2,205
Belmont Schools	Jackie Morgan	jmorgan@belmontschools.net	221 Concord Ave. Belmont, MA 02478	(617). 993- 5871			6	4,600
Berlin-Boylston	Lauren Staples	lstaples@bbrsd.org	215 Main Street Boylston, MA 01505	(508). 869- 2333 x2346			3	1,064
Billerica Public Schools	April Laskey	alaskey@billericak12.com	Billerica Schools Nutrition Services 35 River Street Billerica, MA 01821	(978). 528- 8782	Cheryl Green	cgreen@billericak12.com	8	4,455
Blackstone-Millville RSD	Maureen Gonsalves	mgonsalves@bmrtd.net	35 Federal St Blackstone, MA 01504	(508). 876- 0193 x4	Lora Rayos	lrayos@bmrtd.net	4	1,740
Braintree Public Schools	Sarah Coughlin	sarah.coughlin@braintreeschools.org	128 Town Street Braintree, MA 02184	(781). 848- 4000 x7045	Alexa Downs	alexa.downs@braintreeschools.org	10	5,385
Brookline Public Schools	Sasha Palmer	sasha_palmer@psbma.org	333 Washington Street Brookline, MA 02445	(617). 730- 2499			10	7,665

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Cambridge Public Schools	Mellissa Honeywood	mhoneywood@cpsd.us	158 Spring Street Cambridge, MA 02141	(617) 349- 6858	Anthony Grein	agrein@cpsd.us	13	6,519
Danvers Public Schools	Emily Cook	cook@danvers.org	60 Cabot Road Danvers, MA 01923	(978) 777- 8925 x2388	Debra Hines	debrahines@danvers.org	8	3,217
Dartmouth Public Schools	Jeanne Sheridan	jeannesheridan@dartmouthschools.org	8 Bush Street Dartmouth, MA 02747		Clarinda Alves	clarindaalves@dartmouthschools.org	6	3,679
Dedham Public Schools	Jeanne Johnson	jeannej@dedham.k12.ma.us	140 Whiting Ave. Dedham, MA 02026	(781) 310- 1901	Laura O'Leary	loleary@dedham.k12.ma.us	7	2,700
Dracut Public Schools	Patricia Puntumapanitch	ppuntumapanitch@dracutps.org	1540 Lakeview Ave. Dracut, MA 01826	(978) 957- 1500 x1651	Donna Cochrane	dcochrane@dracutps.org	6	3,626
Franklin Public Schools	Colin Boisvert	boisvertco@franklinps.net	218 Oak Street Franklin, MA 02038	(508) 613- 1478	Maura Crowley	crowleym@franklinps.net	6	4,654
Gloucester Public Schools	Martha Jo Fleming	mjfleming@gloucesterschools.com	32 Cherry Street Gloucester, MA 01930	(978) 281- 9806			6	2,696
Greater Lawrence Technical School	Mary Beth Ringland	mringland@glts.net	57 River Road Andover, MA 01810	(978) 686- 0194 x5047	Diane Maffa	dmaffa@glts.net	1	1,684
Harvard Public Schools	Eleni Burns	eburns@psharvard.org	27A Massachusetts Avenue Harvard, MA 01451	(978) 456- 4140			2	1,014


District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Hingham Schools	Kimberly Smyth	kmyth@hinghamschools.org	19 Fort Hill St. Building 132 Hingham, MA 02043	(781). 804- 2567	Brenna Gilmartin	bgilmartin@hinghamschools.org	6	4,229
Ipswich Public Schools	Meghan Persson	mpersson@ipsk12.net	One Lord Square Ipswich, MA 01938	(978). 356- 2935			3	1,768
Keefe Regional Technical School	Tony Penezic	tpenezic@jpkeefehs.org	750 Winter Street Framingham, MA 01702	(508). 416- 2248			1	850
King Philip Regional	Mary Ann Reynolds	reynoldsm@kingphilip.org	201 Franklin Street Wrentham, MA 02093	(508). 384- 1000 x3338			2	2,032
Littleton Public Schools	Leah Botko	lbotko@littletonps.org	PO Box 1486 Littleton, MA 01460	(978). 771- 8620	MaryLou Devellis	mdevellis@littletonps.org	5	1,567
Lynnfield Public Schools	Jim McCarthy	mccarthyjam@lynnfield.k12.ma.us	505 Main Street Lynnfield, MA 01940	(781). 334- 7320			4	2,180
Methuen Public Schools	Robert Frati	rtfrati@methuen.k12.ma.us	10 Diston Pl. Methuen, MA 01844	(978). 722- 6010			5	6,549
Middleboro Public Schools	Rebecca Bagnell	rbagnell@middleboro.k12.ma.us	30 Forest Street Middleborough, MA 02346	(508). 946- 2036			5	2,900
Milford Public Schools	Carla Tuttle	ctuttle@milfordma.com	31 West Fountain Street Milford, MA 01757	(508). 634- 2390			5	4,201
Milton Public Schools	Natalia Perez	nperez@miltonps.org	25 Gile Road Milton, MA 02186	(617). 898- 1051	Kim Golden	kgolden@miltonps.org	5	4,318

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Nashoba Regional	John Overcash	jovercashjr@nrsd.net	50 Mechanic Street Bolton, MA 01740	(978) 779- 0539 x3045			5	3,070
Nashoba Valley Technical High School	Wendy Bonnell	wbonnell@nashobatech.net	100 Littleton Road Westford, MA 01886	(978) 692- 4711 x14142	Michelle Shepard	mshepard@nashobatech.net	1	716
Needham Schools	Danielle Collins	danielle_collins@needham.k12.ma.us	1330 Highland Ave Needham, MA 02492	(781) 455- 0400 x11216	Jen Tuttelman	jen_tuttelman@needham.k12.ma.us	8	5,485
Norfolk Public Schools	Shelly Bernardini	bernardini@norfolk.k12.ma.us	70 Boardman Street Norfolk, MA 02056				2	987
North Attleboro Public Schools	Heather Baril	hbaril@naschools.net	6 Morse Street North Attleboro, MA 02760	(508) 643- 2104	Shannon George	sgeorge@naschools.net	7	3,866
Old Sturbridge Academy	Ashley Chevrette	achevrette@osacharter.org	2 Old Sturbridge Village Road Sturbridge, MA 01566	(774) 922- 1840	Alexis Conte	aconte@osv.org	1	300
Plainville Public Schools	Shelly Bernardini	sbernardini@plainville.k12.ma.us	72 Messenger Street Plainville, MA 02762	(508) 699- 1329			2	775
Reading Public Schools	Catherine Franzetti	catherine.franzetti@reading.k12.ma.us	62 Oakland Road Reading, MA 01867	(781) 942- 9134	Olivia Marks	olivia.marks@reading.k12.ma.us	8	3,763
Scituate Public Schools	Patrick Legare	plegare@scit.org	460 First Parish Road Scituate, MA 02066	(781) 545- 8750 x144			6	2,794

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Silver Lake Regional & Kingston Public & Halifax	Megan Ahrenholz	mahrenholz@slrsd.org	256 Pembroke Street Kingston, MA 02364	(781). 582- 3556	Charlene Coulstring	ccoulstring@slrsd.org	6	3,509
Somerville Public Schools	Lauren Mancini	lmancini@k12.somerville.ma.us	8 Bonair St. Somerville, MA 02145	(617). 625- 6600 x6087	Pauline Uccello	pucello@k12.somerville.ma.us	10	5,456
South Shore Regional Vo-Tech	Deborah Beary	dbeary@ssvotech.org	476 Webster Street Hanover, MA 02339	(781). 878- 8822 x423			1	625
Wachusett Regional School District	Margaret Barton	margaret_barton@wrsd.net	1745 Main St. Jefferson, MA 01522	(508). 829- 1670 x278			11	6,967
Wakefield Schools	Dustin O'Brien	dustin.obrien@wpsk12.org	60 Farm Street Wakefield, MA 01880	(781). 246- 6440 x6904	Sandy Teixeira	sandra.teixeira@wpsk12.org	7	3,335
Waltham Public Schools	April Liles	aprililes@walthampublicschools.org	617 Lexington St. Waltham, MA 02452	(781). 314- 5495	Kristen Perez	kristenperez@walthampublicschools.org	10	5,910
Watertown Public Schools	Brandon Rabbitt	brandon.rabbitt@watertown.k12.ma.us	50 Columbia Street Watertown, MA 02472	(617). 926- 7756			5	2,391
Whitman-Hanson RSD	Nadine Doucette	nadine.doucette@whrsd.org	610 Franklin Street Whitman, MA 02382	(781). 618- 7477	Tina Smith	smith.alcina@whrsd.org	6	3,950
Wrentham Public Schools	Shelly Bernardini	bernardinis@wrenthamschools.org	120 Taunton Street Wrentham, MA 02093	(508). 384- 5430	Maura Crowley	crowleym@wrenthamschools.org	2	855
						Total - MSBG-E	285	170,554

District Name 	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
MSBG-W								
Agawam Public Schools	Liz Moulton	emoulton@agawamed.org	1305 Springfield Street Feeding Hills, MA 01030	(413) 821- 0559			7	3,585
Athol Royalston Regional	Carolyn Brown	cbrown@arrsd.org	2363 Main Street Athol, MA 01331	(978) 249- 2438			4	1,453
Belchertown Public Schools	Barrett Grazioso	bgrazioso@belchertownps.org	14 Maple Street Belchertown, MA 01007	(413) 323- 0442			5	2,267
Central Berkshire Regional School District	John Tranfaglia	jtranfaglia@cbrsd.org	35 Fox Drive Dalton, MA 01226	(413) 684- 1307			5	1,581
East Longmeadow	Lori Pahl	lori.pahl@eastlongmeadowma.gov	180 Maple Street East Longmeadow, MA 01028	(413) 525- 5450 x7980	Mary Quick	mary.quick@eastlongmeadowma.gov	5	2,570
Franklin County Technical School	Liz Bouchard	ebouchard@fcts.us	82 Industrial Blvd Turners Falls, MA 01376	(413) 863- 9561 x289			2	600
Frontier Regional and Union 38	Geoffrey McDonald	geoffrey.mcdonald@frsu38.org	113 North Main Street Office C101 South Deerfield, MA 01373	(413) 665- 1155			5	1,406
Gateway Regional School District	Tasha Hartley	thartley@grsd.org	12 Littleville Road Huntington, MA 01050	(413) 685- 1005	Stephanie Fisk	sfisk@grsd.org	3	727

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Gill-Montague Regional School District	Molly Brooks	molly_brooks@gmrsd.org	35 Crocker Ave, Turners Falls, MA 01376	(413) 863- 3251	Joanne Blier	joanne.blier@gmrsd.org	4	933
Greenfield Public Schools	Greta Swachman	greshw1@gpsk12.org	195 Federal Street Suite 100 Greenfield, Massachusetts 01301	(413) 772- 1335	Joan Bitters	joabit1@gpsk12.org	6	1,951
Hadley Public Schools	Kelly Bryant	kbryant@hadleyschools.org	131 Russell Street Hadley, MA 01035	(413) 582- 6444			2	517
Hampden-Wilbraham	Julie Dougal	jdougal@hwrstd.org	621 Main Street Wilbraham, MA 01095	(413) 279- 3808	Dawn Barillaro	dbarillaro@hwrstd.org	6	2,862
Hampshire Regional School District	Carol Inman	cinman2@hr-k12.org	19 Stage Road Westhampton, MA 01027	(413) 527- 7200			6	1,683
Hatfield Schools	John Halpin	jhalpin@hatfieldps.net	33 Main Street Hatfield, MA 01038	(413) 247- 5010	Riley Malinowski	rmalinowski@hatfieldps.net	2	383
Lee Public Schools	Shannon Gagliardo	sgagliardo@leepublicschools.net	300 Greylock Street Lee, MA 01238	(413) 243- 2780 x2236			2	713
Lenox Public Schools	Shannon Gagliardo	sgagliardo@lenoxps.org	6 Walker Street Lenox, MA 01240	(401) 332- 4165			2	776
Ludlow Public Schools	Kelley McGregor	k_mcgregor@ludlowps.org	63 Chestnut Street Ludlow, MA 01056	(413) 583- 5612			5	2,714
Monson Public Schools	Tracy Blanchard	blanchardt@monsonschoools.com	43 Margaret Street Monson, MA 01057	(413) 267- 4158	Leah Zippin	zippinl@monsonschoools.com	3	815

District Name 	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
North Adams Public Schools	Cory Nicholas	cnicholas@napsk12.org	10 Main Street 2nd floor North Adams, MA 01247	(413) 776- 1631			4	1,257
Northampton Public Schools	Mistelle Hannah	mhannah@northampton-k12.us	100 Bridge Road Florence, MA 01062	(413) 587- 1487	Debbie Zuchowski (AP)	dzuchowski@northampton-k12.us	6	2,793
Orange Elementary School District	Jacki Dillenback	jdillenback@rcmahar.org	59 Dexter Street Orange, MA 01364	(978) 544- 1127	Tammy Woodard	tammywoodard@orange-elem.org	2	600
Palmer Public Schools	Emily McIntosh-Patnoe	emcintosh-patnoe@palmerschools.org	4105 Main Street Palmer, MA 01069	(413) 283- 6511			2	1,291
Pathfinder Regional Vocational Technical High School	Tony Bishop	bishop@pathfindertech.org	240 Sykes Street Palmer, MA 01069	(413) 283- 9701			1	614
Pioneer Valley Regional	Michael Onorato	onoratom@pvrsdk12.org	97 F. Sumner Turner Road Northfield, MA 01360	(413) 498- 2911			3	672
Pittsfield Public Schools	Jeremy Wells	jwells@pittsfield.net	300 East Street Pittsfield, MA 01201	(413) 448- 9608	Judith Kirchner	jkirchner@pittsfield.net	12	4,894
Ralph C. Mahar Regional School District	Jacki Dillenback	jdillenback@rcmahar.org	507 S. Main Street Orange, MA 01364	(978) 544- 2542 x207	Malissa Harris	mharris@rcmahar.org	1	535
Smith Vocational and Agricultural High School	Heather Bouley	hbouley@smithtec.org	80 Locust Street Northampton, MA 01060	(413) 587- 1414 x3456			1	548

District Name	Director	Email	Address	Phone	Alternate Contact	Alternate email	Schools	Enrollment
Southern Berkshire Regional School District	Jonathan Duerr	jduerr@sbrsd.org	491 Berkshire School Road Sheffield, MA 01257	(413) 248- 0727			1	650
South Hadley	Matthew Hoagland	mhoagland@shschools.com	100 Mosier Street SOUTH HADLEY, MA 01075	(413) 534- 1995	Cindy Roy	croy@shschools.com	4	1,975
Ware Public Schools	Jeff Nicholas	jnicholas@ware.k12.ma.us	237 West Street Ware, Massachusetts 01082	(413) 967- 5248	Terry Moriarty	tmoriarty@ware.k12.ma.us	3	1,189
Westfield Public Schools	Rachel Kania	rachel.kania@schoolsofwestfield.org	59 Court Street Suite B10 Westfield, MA 01085	(413) 572- 6493	Tracey Burke	t.burke@schoolsofwestfield.org	10	5,105
West Springfield Public Schools	Laura Amedeo	lamedeo@wsps.org	26 Central Street West Springfield, MA 01089	(413) 263- 3180	Jennifer McElligott	mcelligott@wsps.org	9	3,833
						Total - MSBG-W	133	53,492
						Total	418	224,046

105 CMR: DEPARTMENT OF PUBLIC HEALTH

105 CMR 225.000: NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES IN PUBLIC SCHOOLS

Section

- 225.001: Purpose
- 225.002: Scope and Application
- 225.003: Definitions
- 225.100: General Nutrition Standards for Public Schools
- 225.200: Specific Nutrition Standards for Competitive Foods in Public Schools

225.001: Purpose

The purpose of 105 CMR 225.000 is to establish nutrition standards for competitive foods and beverages sold or provided in public schools. The goal of 105 CMR 225.000 is to ensure that students are offered nutritious food and beverage choices that will enhance learning, contribute to healthy growth and development, and cultivate lifelong healthy eating behaviors.

225.002: Scope and Application

In accordance with M.G.L. c. 111, § 223, 105 CMR 225.000 establishes nutrition standards for competitive foods and beverages sold or provided in public schools. Public schools must implement the requirements of 105 CMR 225.000 by August 1, 2012.

225.003: Definitions

A la Carte Entrée means a single food or combination of foods offered as a main course or central focus of a meal, generally a protein source.

Artificial Sweeteners means substances added to food or beverages to provide a sweet taste while providing few or no additional calories, including aspartame, sucralose, acesulfame-K, neotame, sugar alcohols and saccharin.

Competitive Foods or Beverages means all foods or beverages sold or provided in:

- (1) *a la carte* lines in school cafeterias;
- (2) school stores;
- (3) school snack bars;
- (4) vending machines; and
- (5) any other locations in public schools; provided, however, that competitive foods or beverages shall not include foods sold or provided as part of the School Breakfast Program, the School Lunch Program and the Child and Adult Care Food Program of the United States Department of Agriculture; provided further, that competitive foods or beverages shall not include non-sweetened carbonated water.

Fresh means fresh, frozen, dried or canned without added sugar, fat, or sodium, for the purpose of 105 CMR 225.000.

Grain-based Products means food products in which the primary ingredient is grain, including pasta, crackers, granola bars, chips and bakery items.

Item means one serving of a product.

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Low-fat means three grams or less per Reference Amount Customarily Consumed (RACC) standards established by the federal Food and Drug Administration.

Natural Flavorings means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

225.003: continued

Nutrition Standards means the minimum standards for beverage and food nutrition established in 105 CMR 225.000.

Public School means an elementary, middle, high, charter, innovation or comparable school operated by a public school district or board of trustees pursuant to M.G.L. c. 71.

Reduced Fat means at least 25% less fat per Reference Amount Customarily Consumed (RACC) than an appropriate reference food.

School Day means the hours of the day that students must attend school.

Sweetener means a substance derived from a natural product that is added to food or beverages to provide a sweet taste. Such a substance may be nutritive or nonnutritive. A nutritive sweetener may be either naturally occurring, such as honey, or refined from plants, such as sugar from sugar cane. Nonnutritive sweeteners include products that may be regarded as natural.

Trans Fat-free means zero grams of trans fat per portion as packaged (≤ 0.5 g per portion), or as otherwise specified by the federal Food and Drug Administration.

Whole Grains means grains or the foods made from them that contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed, the food product should deliver approximately the same balance of nutrients found in the original grain seed. For purposes of 105 CMR 225.000, whole grain should be the primary ingredient by weight (*i.e.*, whole grain listed first in the ingredient statement).

225.100: General Nutrition Standards for Public Schools

(A) All competitive foods and beverages sold or provided in public schools shall comply with the nutrition standards of 105 CMR 225.000; provided, however, that:

- (1) unless otherwise determined by the public school district or board of trustees, 105 CMR 225.000 shall not apply to competitive foods and beverages sold on school grounds beyond 30 minutes after the end of the school day;
- (2) 105 CMR 225.000 shall apply at all times to competitive foods sold through vending machines;
- (3) 105 CMR 225.000 shall not apply at any time to competitive foods or beverages sold or provided at booster sales, concession stands and other school-sponsored or school-related fundraisers and events; and
- (4) 105 CMR 225.000 shall not apply at any time to fresh, frozen, and canned fruits and vegetables with no added ingredients except water, or 100% juice in the case of canned and frozen fruits.

(B) When applying the nutrition standards of 105 CMR 225.000, the food product should be analyzed as a whole, not by the individual ingredients that make up the product.

(C) A packaged item may contain no more than one serving per package.

(D) Public schools shall, in accordance with applicable guidelines of the Department:

- (1) make readily available plain, potable water to all students during the day, at no cost to the students;

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- (2) offer for sale fresh fruit and non-fried vegetables at any location where food is sold, but not including non-refrigerated vending machines and vending machines dispensing only beverages;
- (3) make nutrition information available for students for non-prepackaged competitive foods and beverages by August 1, 2013. 105 CMR 225.100(D)(3) shall not apply to the sale or provision of fresh fruits or fresh vegetables;
- (4) prohibit the use of fryolators in the preparation of competitive foods; and
- (5) ensure that food preparation and all foods and beverages sold or provided to students meet all applicable state and federal food safety requirements.

225.100: continued

(E) To be allowable, a competitive food item must meet all competitive food nutrient standards and:

- (1) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- (2) have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, *etc.*); or
- (3) be a combination food that contains ¼ cup of fruit and/or vegetable; and
- (4) if water is the first ingredient, the second ingredient must be either 105 CMR 225.100(E)(1), (2) or (3).

225.200: Specific Nutrition Standards for Competitive Foods in Public Schools

(A) Beverages.

(1) Juice.

- (a) All juice shall be made of 100% fruit or vegetable juice, with no added sugar, and may or may not be diluted with water or carbonated water.
- (b) Servings of juice shall be no more than eight ounces.

(2) Milk and Milk Substitutes.

- (a) All milk and milk substitutes, which include alternative milk beverages such as lactose-free and soy milk, shall be fat free or low-fat (1% or less).
- (b) All milk and milk substitutes shall meet the USDA definitions and standards for fluid milk and milk substitutes.
- (c) Servings of milk and milk substitutes shall be no more than eight ounces.
- (d) Flavored milk and flavored milk substitutes must be fat free and have no more than 22 grams of sugar per eight ounces.

(3) Water. Water shall contain no added sugars, sweeteners or artificial sweeteners, but may contain natural flavorings and/or carbonation.

(4) Other Beverages. No beverages other than juice, milk, milk substitutes, and water, as defined in 105 CMR 225.200(A) shall be sold or provided.

(B) Food.

(1) Calories. Foods shall not exceed 350 calories for *entrée* items (including accompaniments) or 200 calories for side or snack dish items (including accompaniments).

(2) Fat. No food shall contain more than 35% of its total calories from fat, except as provided in 105 CMR 225.200(B)(4).

(3) Saturated Fat. No food shall contain more than 10% of its total calories from saturated fat, except as provided in 105 CMR 225.200(B)(5).

(4) Exceptions to Standards on Fat Content. Regardless of the limits established above in 105 CMR 225.200(B) for fat content, schools may provide or sell up to one ounce of nuts, seeds, nut/seed butters, reduced fat cheese, part-skim mozzarella, or products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat. Additionally, schools may provide or sell seafood with no added fat. No other combination products are exempt from the fat standard.

(5) Exceptions to Standards on Saturated Fat Content. Regardless of the limits established above in 105 CMR 225.200(B) for saturated fat content, schools may provide or sell up to one ounce of nuts, seeds, nut/seed butters, reduced fat cheese, part-skim mozzarella, or products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat. No other combination products are exempt from the saturated fat standard.

(6) Trans Fat. All foods shall be trans fat-free.

(7) Sugar. No food shall contain more than 35% of its weight from total sugars; provided, however, that a public school may provide or sell:

- (a) Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice;
- (b) Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; and
- (c) Dried whole fruits/vegetables, dried whole fruit/vegetable pieces, dried dehydrated fruits/vegetables with no added nutritive sweeteners, and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes, *i.e.*, cranberries, tart cherries, and blueberries.

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(8) Sodium. No food shall contain more than 200 mg of sodium per item, with the exception of *a la carte entrées*, which shall not contain more than 480 mg of sodium per item.

(9) Grains. All bread and other grain-based products shall be comprised of whole grains.

(C) Food and Beverages.

(1) Artificial Sweeteners. No food or beverage shall contain an artificial sweetener.

(2) Caffeine. No food or beverage shall contain more than trace amounts of caffeine.

(3) Accompaniments. All accompaniments must be included in the nutrient profile as a part of the item served.

REGULATORY AUTHORITY

105 CMR 225.000: M.G.L. c. 111, § 223.