

SECTION 19
FOOD SPECIFICATIONS

- 19.1 All USDA Foods offered to the SFA and made available to the FSMC are acceptable and should be utilized in as large a quantity as may be efficiently utilized.
- 19.2 For all other food components, specifications shall be as follows:
- A. All breads, bread alternates, and grains must be whole grain-rich. All breads and grains must be fresh (or frozen, if applicable) and must meet the minimum weight per serving as listed on Exhibit B-4. If applicable, product should be in moisture-proof wrapping and pack-code date provided.
 - B. All meat and poultry must have been inspected by the United States Department of Agriculture (USDA) and must be free from off color or odor.
 - 1. Beef must be at least 70:30 lean to fat, preferably 80:20 lean to fat.
 - 2. Poultry should be U.S. Grade A when applicable and should meet the recommendations outlined in Specifications for Poultry Products, A Guide for Food Service Operators from the USDA.
 - 3. For sausage patties, the maximum fat allowed is 35 percent.
 - C. For breaded and battered items, all flours must meet the requirements for breads/grains credit and breading/batter must not exceed 30 percent of the weight of the finished product.
 - D. All cured processed meats (bologna, frankfurters, luncheon meat, salami, others) shall be made from beef and/or poultry. No variety meats, fillers, extenders, non-fat milk solids, or cereal will be allowed. Meats must not show evidence of greening, streaking, or other discoloration.
 - E. All cheese should be firm, compact, and free from gas holes; free of mold; free of undesirable flavor and odors; pasteurized when applicable; and preferably reduced- or low-fat. All cheese should also have a bright, uniform, and attractive appearance; have a pleasing flavor; demonstrate satisfactory meltability; and contain proper moisture and salt content.
 - F. All fish must have been inspected by the United States Department of Commerce (USDC) and meet minimum flesh and batter/breading requirements for a USDC Grade A product or a product packed under federal inspection (PUFI) by the USDC.
 - G. All fresh fruits must be ripe and in good condition when delivered and must be ready for consumption per the USDA Food Buying Guide. At a minimum, fruits must meet the food distributors' second-quality level. Fruits should have characteristic color and good flavor and be well-shaped and free from scars and

bruises. Size must produce a yield equal to or greater than the attached 21-day cycle menu requirements.

- H. All fresh vegetables must be ripe and in good condition when delivered and must be ready for consumption per the USDA Food Buying Guide. At a minimum, vegetables must meet the food distributors' second-quality level. Vegetables should have characteristic color and good flavor, be well shaped, and be free from discoloration, blemishes, and decay. Size must produce a yield equal to or greater than the attached 21-day cycle menu requirements.
- I. All canned vegetables must meet the food distributors' first quality level (extra fancy and fancy) and canned fruits (standard) must meet the second quality level. Vegetables should have characteristic color and good fresh flavor and be free from discoloration, blemishes, and decay.
- J. Sauces, such as gravy, spaghetti sauce, pizza sauce, etc., must be smooth and uniform in color with no foreign substance, flavor, odor, or off color.
- K. If applicable, the food production facility, manufacturing plant, and products must meet all sanitary and other requirements of the Food, Drug, and Cosmetic Act and other regulations that support the wholesomeness of products.
- L. Meals and food items must be stored and prepared under properly controlled temperatures and in accordance with all applicable health and sanitation regulations.
- M. All fruit juices must be 100 percent fruit juice.
- N. When the specification calls for "Brand Name or Equivalent", the brand name product is acceptable. Other products may be considered with proof that such products meet stated specifications and are deemed equivalent to the brand products in terms of quality, performance, and desired characteristics, as determined by the SFA.
- O. All food items must adhere to the sodium target levels in subsequent Contract Terms, if applicable, as required by the USDA Nutrition Standards in the National School Lunch and School Breakfast Programs, Implementation Timeline for Final Rule and/or other subsequent guidance issued by the USDA.
- P. Nutrition labels or manufacturer specifications must indicate zero grams of trans fat per serving for all foods.
- Q. Fluid milk must be low-fat (1 percent milk fat or less, unflavored only) or fat-free (unflavored or flavored) as reflected in current federal regulations. Two choices must be offered daily as required by the SFA. The FSMC shall comply with

federal meal pattern requirements with respect to milk component specification for each CN Program being implemented.

R. Purchasing and Nutritional Quality Guidelines For the Brattleboro Town School District

The Brattleboro Town School District will follow the USDA requirements to serve meals that meet the criteria for reimbursement.

Minimum USDA requirements for quality include USDA Grade A for dairy, poultry, canned or frozen fruits and vegetables, and milk. Seafood is only required to be government inspected and baked products are only required to have a manufacturer's date.

Minimum USDA requirements for nutritional value include that all grains be whole grain rich, that 1% fat or lower milk be offered, that the average weekly total fat content of meals is less than 30% (10% saturated fat, 0% trans fats), and that targets for sodium and calorie consumption are met.

In addition to the USDA nutrition and quality guidelines Brattleboro Town School District has the following goals:

- Eliminate corn syrup and high fructose corn syrup from products and meals served in Brattleboro Town schools
- Eliminate hydrogenated oils from products and meals served in Brattleboro Town schools
- Eliminate trans fats from products and meals served in Brattleboro Town schools
- Eliminate artificial dyes from products and meals served in Brattleboro Town schools
- Eliminate pre-cooked further processed chicken products from meals served in Brattleboro Town schools (Chicken Nuggets and Patties)
- Provide lower sugar content foods whenever possible
- Increase student consumption of OMEGA 3 fatty acids through integration of ingredients high in OMEGA 3 into the meal program

To achieve the goals of the Brattleboro Town School District, FSMC and the leadership of the Brattleboro Town School District, we establish the following specifications over and above the minimum quality and nutritional specifications included in USDA National School Lunch Program regulation:

Fruit

- First preference will be given to fresh fruit, which will be served as often as possible based on seasonable availability.

- Canned fruit will be packed in water or natural juices.
 - A. Fruit packed in syrup will not be utilized. USDA canned fruits will be exempted.
 - B. Fruit products with added sugar will not be utilized.
 - i. All natural jellies and preserves with no more than 10 grams of sugar per tablespoon will be exempted from this standard.

Vegetables

- C. First preference will be given to fresh vegetables, second preference to frozen vegetables.
- D. Canned vegetables will not be used.
 - i. Canned vegetables that meet the USDA criteria for the Legume vegetable subgroup will be exempted from this standard.
- E. Vegetables that are high in OMEGA 3 will be emphasized in the program and served on average 2 times per 5 day week.
 - i. These vegetables include but are not limited to: dark green leafy vegetables; broccoli; spinach; Brussels sprouts; and cauliflower.
- F. Vegetables will be incorporated into entrée offerings as often as possible, but at minimum once per week
 - i. Examples would be adding vegetable toppings to pizza, chopped vegetables to pasta dishes, featuring casseroles and other mixed dishes

Dairy Products

- G. Only 1% and unflavored skim milk will be allowed
 - i. Flavored milk will not be offered
- H. Yogurt in portion controlled packs will contain no more than 8.3 grams of sugar per USDA 1 oz. M/MA equivalent (4 oz.). Stony field Organic yogurt is the preferred brand.
- I. Bulk and ~~single-serve packaged~~ yogurt will contain no more than 9 grams of sugar per USDA 1 oz. M/MA equivalent (4 oz.) and no more than 16 grams of sugar per USDA 2 oz. M/MA equivalent (8 oz.). Green Mountain yogurt is the preferred brand.
 - i. Only fresh or frozen fruit is to be added to bulk yogurt

Grain Products

- J. Only whole-grain-rich products will be served. Whole-grain-rich baked products are defined as products that contain a minimum of 51% whole grain flour.

- K. Breakfast cereals will contain no more than 2 grams of sugar per USDA 1 oz. equivalent serving.
- L. Granola will be labelled organic and contain no more than 4 grams of sugar per USDA 1 oz. equivalent serving
- M. Packaged, grain based snacks and breakfast pastries that will qualify as whole grain under USDA guidelines must contain no more than 9 grams of sugar per USDA 1 oz. equivalent serving

Poultry Products

- N. Raw fresh or fresh frozen poultry products will be given first preference.
- O. Whole grain breaded poultry products that are "whole muscle" will be allowed
- P. Chopped and formed, mechanically separated and/or further processed chicken products will not be allowed
- Q. Ground turkey, ground turkey products and ground chicken products will be allowed
- R. Mechanically separated poultry products will not be allowed
- S. Whole (shell) eggs will bear the designation "humane"

Seafood Products

- T. All seafood products will be sourced from socially responsible vendors; be sustainable and meet the standards set forth by Monterey Bay Aquarium Seafood Watch.
- U. All purchased canned tuna will be Wild Planet brand Pole Caught sustainable tuna.
- V. Tuna received through USDA Foods will be exempted from this standard.

Cooking Oils

- W. Olive Oil/Vegetable oil blend will be used for applications where the olive oil flavor is desired, including but not limited to roasting vegetables and preparing salad dressings
- X. 100% Sunflower oil will be used for pan coating during onsite food preparation, for from scratch baking, and all other applications where olive oil/vegetable oil blend is not used
- Y. Hydrogenated oils will be eliminated from all products purchased from the program and will not be added to foods prepared onsite
 - Zero trans fats margarine will be excluded from this standard for onsite food preparation only

Peanut Butter, Nuts and Seeds

Z. All natural peanut butter with no added sugar, hydrogenated oils or trans fats will be allowed. Peanut butter will contain no more than 1 gram of sugar per USDA 1 oz. M/MA equivalent

Sun butter (sunflower seed butter) will be utilized in schools that are nut free

AA. Pumpkin and Sunflower Seeds will be offered as salad toppings daily

AB. Ground flax seed will be added to cooked tomato products used in entrees (tomato sauce, chili, etc.) every time those products are served

- o Pizza sauce will be excepted from this standard

CondimentsAC. All salad dressings (including mayonnaise) will be reduced fat

AD. Sour cream and other dairy based condiments will be reduced fat

AE. Ketchup will be all natural and reduced sugar

AF. All other condiments will be reduced sugar and/or reduced fat varieties as applicable

USDA Donated Foods (Commodities)

The FSMC must use the full value of USDA Foods that the SFA is entitled to receive and must select the products from the USDA foods catalog and/or DOD that meet the standards established by the district. The SFA may opt to receive DOD Fresh fruits and vegetables to use the USDA foods Entitlement.

Accountability

When purchasing products our preference is to purchase within a geographic area of 250 miles and/or in Vermont.

Any silence, absence or omission from the contract document specifications concerning any point shall be regarded as meaning that only the best commercial practices are to prevail, and that only materials (food, supplies, etc.) and workmanship of a quality that would normally be specified by the SFA are to be used.