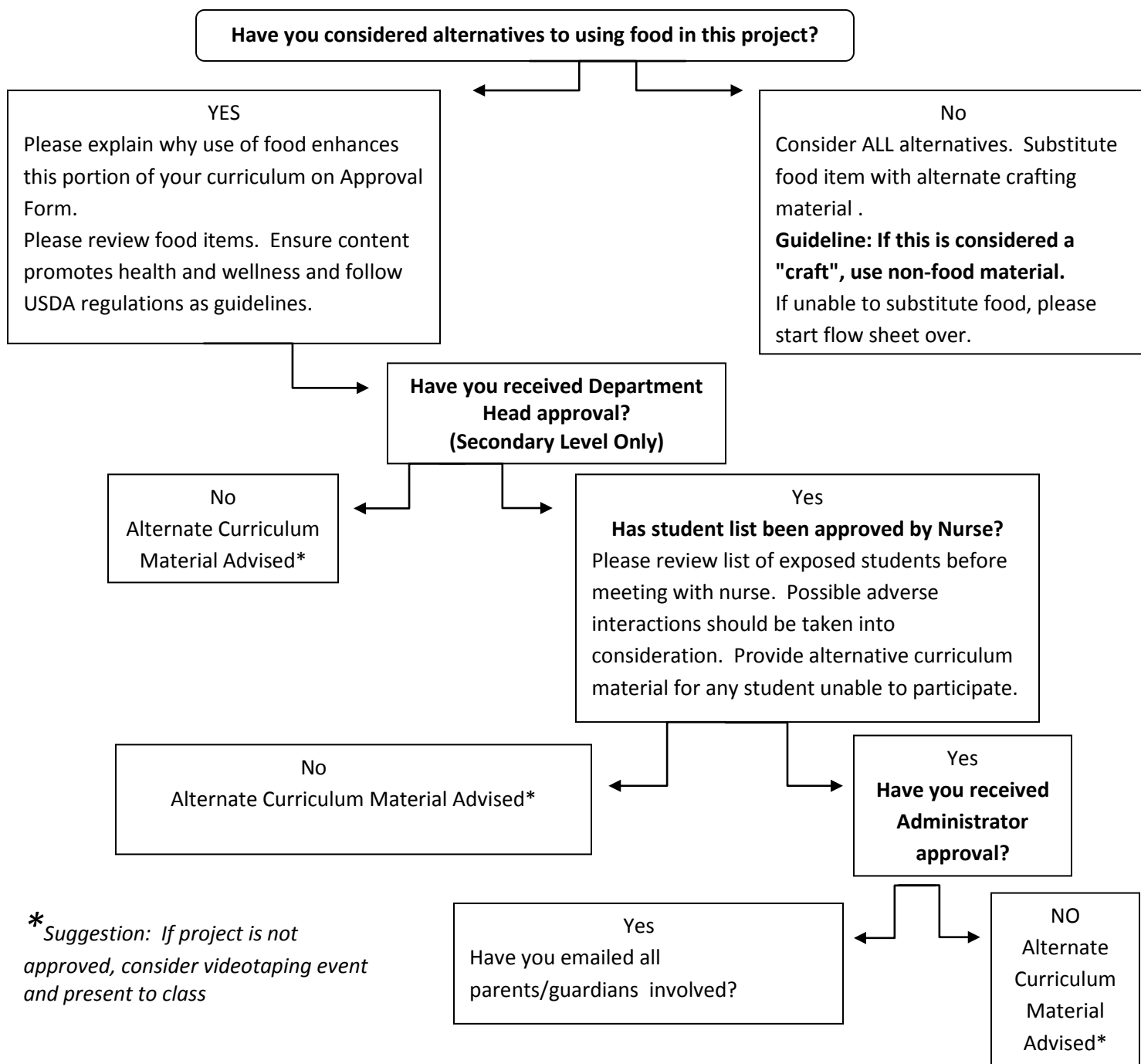


Mansfield Public Schools

Food in Curriculum Flow Sheet

Before integrating food into your classroom, please consider the list of students who will be exposed to food items (students with allergies and medical issues) and consider the content in regards to creating an environment for students that promotes health and well-being. Although the following list is not a requirement to your event, please refer to the following summation of USDA regulations that Mansfield Food Services follows:

- Beverages: Should be 100% fruit and vegetable juice with no added sugar; May not contain artificial sweeteners or flavorings
May not contain more than trace amounts of caffeine
- Calories: Should not exceed more than 350 calories for entree item; Should not exceed more than 200 calories for snack item
- Fat: Total fat should be less than 35% of its total calories; No trans fats allowed
- Sugar: Total sugar should be less than 35% of its total weight
- Sodium: Total sodium should not be more than 200 to 480mg



** Suggestion: If project is not approved, consider videotaping event and present to class*