



Code No 507.9 R4

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

The School District will:

- Share monthly menu through a variety of media including the district website digital backpack, cafeteria menu board, and blue folders;
- Provide students access to hand washing or hand sanitizing before they eat meals or snack; and
- Provide students about 10 minutes to eat after sitting down for breakfast and about 20 minutes after sitting down for lunch.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits, vegetables, legumes, and whole grains; and,
- serve 1% low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

Breakfast

To recommend that all children have breakfast, either at home or at school, in order to meet their nutrition needs and enhance their ability to learn, the district will:

- notify parents and students of the availability of the School Breakfast Program, where available;
- operate the breakfast program, to the extent possible; and,
- encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- utilize electronic identification and payment systems; and,
- promote the availability of meals to all students.

Outside Food/Beverages

The school district promotes good nutrition and a healthy school environment in all aspects. Due to students with food allergies/intolerances, the school must be cautious with any food items entering the building. All outside food and beverages must be single serve and individually wrapped and nutritious in nature. No homemade foods or foods prepared commercially that are now individually wrapped will be allowed.

Examples of outside food include:

- carrot or celery sticks
- sugar-free fruit cups
- Go Go Squeeze – fruits, vegetables, pudding, or yogurt
- granola bars
- hard boiled eggs
- sugar-free jello
- Nutri-grain bars
- popcorn
- raisins
- string cheese
- whole wheat crackers

Please note that classrooms that contain an allergy may have different outside food requirements.

Sharing of Foods

The school district prohibits students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Snacks

The school district does offer breakfast and lunch at school. Snacks are optional based on the student's needs. If snacks are sent with the children, please choose from the list above to remain within healthy guidelines.

Rewards/Celebrations

When food is used as part of the celebration/reward for academic performance or good behavior, the school district encourages them to use foods or beverages that meet or exceed school district nutrition standards and will not withhold food or beverages (including food served through meals) as a punishment.

Food Safety

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility, access to the food service operations is limited to child nutrition staff and authorized personnel.