

## NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

### 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 and vegetables
- Serve low-fat and fat-free milk;
- Ensure that all wheat products are at least 51% whole grain

### Breakfast

To ensure that all children are made aware that breakfast, is served at school, in order to meet their nutritional needs and enhance their ability to learn, schools will;

- Operate the breakfast program
- Notify parents/guardians and students of the availability of the School Breakfast Program, where available
- Encourage parents/guardians to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means

### 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
- Promote the availability of meals to all students

### Meal Times and Scheduling

The school district:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 10 minutes after setting down for lunch
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

### Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development

### Sharing of Foods

The school district discourages 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.

### **Foods Sold Outside the Meal (e.g. vending, a la carte, sales)**

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) before school, during school, or through programs for students 30 minutes after the school day will meet (Smart Snacks) nutrition standards as required by state and federal law.

**Elementary schools:** No vending sales are allowed to students in elementary schools.

**Secondary schools:** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (vending machines) during the day, or through programs for students after the school day, will meet smart snacks requirements. Students will have limited access directed by study hall supervisor.

### **Snacks**

Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthy snack items to teachers, after-school program personnel and parents/guardians.

Snacks provided to students during the school day without charge (e.g., class parties, student birthdays, foods given as incentives) are not required by law to meet Smart Snacks nutrition standards. The district encourages that snacks brought in will be healthy snack items. The district will provide parents a recommended list of healthy food items.

### **Food Safety**

All foods made available on campus adhere to food safety and security guidelines.

- 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 are limited to child nutrition staff and authorized personnel

### **Summer Meals**

Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.

### **Marketing of Foods and Beverages**

The district will only allow the marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

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