

Title: 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.

The Nutrition Services Department will:

- engage students, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices;
- share information about the nutritional content of meals with parents/guardians and students upon request or for a student with special dietary requirements and
- utilize price structures that promote healthy choices among ala carte items sold in the cafeteria.

### **Breakfast**

To ensure that all children have the opportunity for breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the District will:

- operate the School Breakfast Program to the extent possible,
- utilize methods to encourage participation in Breakfast Program,
- notify parents and students of the availability of the Breakfast Program or
- encourage parents/guardians to provide a healthy breakfast for their children at home.

### **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;
- continue methods to help ensure all students eligible for free or reduced benefits have easy access to meals; and
- continue methods to help the full-pay students maintain a positive cash balance in their lunch account.

- utilize reimbursement options (CEP) available through USDA to provide free meals to as many students as financially possible.

### **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 for all nutrition professionals and meet the Professional Standards of the Healthy Hunger-Free Kids Act, as well as
- provide staff development programs that include appropriate certification and/or training programs for child nutrition administrative staff, nutrition managers and cafeteria workers, according to their levels of responsibility.

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

The "School Day" is defined as: midnight the night before until 30 minutes after the end of the school day.

**Elementary schools:** The Nutrition Services department will approve and provide all food and beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills and
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables, and approved, age-appropriate health food selections. USDA regulations prohibit the sale of food of minimal nutritional value in elementary cafeterias one-half hour before, during, and one-half hour after a meal.

**Secondary schools:** In middle and high schools, those responsible for all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte or snack lines, vending machines or student stores) during the school day, are required to meet nutritional content standards.

### **Fundraising Activities**

The District encourages fundraising activities that promote physical activity and healthy food choices. This could include non-food fundraising activities, or fundraising activities that include

food that meets nutritional content standards. A list of ideas for recommended fundraising activities is included in Administrative Regulation 527.6.

### **Snacks During the School Day**

Consideration will be given to providing healthy food options for school-sponsored celebrations or as rewards. 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 make available a list of healthful snack items to teachers, students and parents/guardians.

### **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. The District's food safety guidelines are available at [www.cb-schools.org](http://www.cb-schools.org).
- For the safety and security of the food and facility, access to the food service kitchens is limited to nutrition services staff and authorized personnel.

### **Summer Meals**

The District's Nutrition Services Department sponsors the summer food service program at school sites that meet the eligibility guidelines.

Approved: July 25, 2006      Reviewed: \_\_\_\_\_

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