

Administrative Guideline for Board Policy 8510 Wellness

Standards for USDA Child Nutrition Programs and School Meals

All schools will provide and promote the National School Meal Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. Meals served through the National School Lunch, Breakfast and Snack Programs will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Offer a variety of food choices including fruits and vegetables;
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Fresh fruits and vegetables will be purchased locally when practical.
4. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
5. Special dietary needs of students will be considered according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
6. The food services department will share and publicize information about the menus and nutritional content of meals with students and parents/guardians through the corporation website.

B. School Meal Participation

1. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts and serving meals near bus drop off. Schools will inform families of the breakfast availability and type of service.
2. Schools will inform families of the availability and location of Summer Food Service Program meals. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.
3. Schools will provide the After School Snack Program, in accordance with the Healthy, Hunger-Free Kids Act of 2010 in schools that are eligible.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch.
2. Elementary schools will schedule when possible recess before lunch.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing and sanitizing stations.
5. Drinking water must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
7. Celebrations and field trips that occur during meal times will offer a complete meal to each student. Cost to students may not be more than the applicable meal price.

D. Professional Development

Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.