

School Meals

Overview

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

Guidelines

All schools within the District offer school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using Smarter Lunchroom techniques that can include but are not limited to the following:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
- Menus will be posted on the District website and/or individual school websites,
- Nutrient content and allergen information will be available on the District website.
- Menus will be created/reviewed by a Registered Dietitian.
- The District child nutrition program will accommodate students with special dietary needs when provided with proper medical documentation.
- Administrators are encouraged to create a school schedule where students are allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- Students are served lunch at a reasonable and appropriate time of day. If a student's lunch period is greater than 4 hours after the first bell or 4 hours before the last bell they will be allowed to eat a parent provided snack in the classroom.
- Administrators are encouraged to create a school schedule where lunch follows the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Schools will make every effort to eliminate social stigma attached to, and prevent overt identification of students who are eligible for free and reduced-price school meals. Schools will promote the availability of all school meals to all students and/or use nontraditional methods for serving meals such as Breakfast in the Classroom, field trips, bag lunches for early release, etc.
- The d & Nutrition Department will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.
- Schools are encouraged to implement the following Farm to School activities
 - Local and/or regional products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;

