

School Meals

This policy supports the mission of the School District: Providing the environment that cultivates maximum student potential. Nutrition influences a child's development, health, well being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits.

Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

Hot Lunch/Breakfast Program:

- The full meal program will follow the U.S.D.A. Nutrition Standards and offer a variety of fruits and vegetables. All grains served shall be whole grain.
- The meals served will be appealing and attractive to children.
- The Child Nutrition Director will be expected to make every effort to follow the District Nutrition Standards when determining the items in A la carte sales.
- A la carte items must meet minimum USDA Nutritional Standards either under National School Breakfast or Lunch Program or Smart Snacks in Schools Regulations.

Breakfast

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

- will, to the extent possible, operate the School Breakfast Program;
- will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation in the National School Breakfast Program, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings.

Meal Times and Scheduling

District Schools:

- will provide students with an adequate amount of time (a minimum of 10 minutes) to eat their meal after sitting down;

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 am and 1:00 pm;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will consider scheduling lunch periods to follow recess periods (in elementary schools) when appropriate;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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)

Policy History:

Adopted on: June 19, 2007

Revised on: December 8, 2009

Revised on: November 14, 2017