

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. Government's Nutrition Standards and offer a variety of fruits and vegetables. At least half of the grains served shall be whole grain.
- The meals served will be appealing and attractive to children
- The Hot Lunch/Breakfast provider 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 that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).~~
 - ~~A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.~~

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**:

- ~~will~~, to the extent possible, operate the School Breakfast Program;
- ~~will~~, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation; ~~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 for families not participating in the District's Meals Program~~, 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 strive to:**

- ~~will~~ provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- ~~should~~ schedule meal periods at appropriate times, e.g., lunch should be scheduled **midday preferably** between 11 a.m. and 1 p.m.;
- ~~should~~ not schedule tutoring, club, or organizational meetings or activities during mealtimes, **unless students may eat during such activities;**
- ~~should~~ schedule **recess periods** ~~lunch periods~~ to follow **lunch**~~recess~~ periods (in elementary schools);
- ~~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: March 12, 2008

Revised on: