The District shall provide school meals, which meet or exceed the nutritional standards required by state and federal school lunch programs. The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutritional Standards governing the sale of food and beverages on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

The standards focus on reducing sugar, sodium and high-fat foods and increasing healthy food items like whole grains, fruits and vegetables.

Calorie Range.

As a weekly average, schools shall serve at a minimum 100% and a maximum 110% of the appropriate level of calories per week to ensure the meals offered to children comply with the USDA calorie levels.

Trans Fat

Schools shall strive to eliminate foods containing added trans fat.

Deep Fat Frying

Schools shall not use deep fat frying as a method to prepare food in Child Nutrition Programs. This includes food for reimbursable meals as well as ala **carte foods sold by the Child Nutrition Department.**

Pre-Fried Foods

Breakfast: Schools shall limit serving pre-fried, flash-fried, or par-fried side items/components to no more than three times per week.

Lunch: Schools shall limit serving pre-fried, flash-fried, or par-fried entrees/meat/meat alternative to no more than three times per week.

Lunch: Schools shall limit serving pre-fried, flash-fried, or par-fried side items/other components to no more than three times per week.

Whole Grains

Schools shall offer one whole grain in all serving lines at least three times per week at breakfast and at least three times per week at lunch.

A whole grain is defined as:

Purchased foods: The whole grain must be listed first in the ingredient list.

Homemade foods: more than 50% of the grains in the recipe must be whole grains.

Fruits and Vegetables

Breakfast: Schools shall offer at a minimum one fruit on all points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two times per week as the fruit choice.

Lunch: Schools shall offer at least one fruit and one non-fried vegetable at all points of service each day. Schools shall offer fresh fruits and vegetables when possible. When using frozen or canned fruits, schools shall use products that are packed in natural juice, water or light syrup. Schools shall make an effort to

provide a variety of fruits and vegetables throughout the week, making sure dark leafy green and orange fruits and vegetables are offered.

Milk

Schools shall offer fat-free (Skim) and low-fat (1%) milk at all points of service. Schools shall strive to eliminate 2% and whole milk offerings.

Legumes

Schools shall offer legumes (dry beans and peas) at least one time per week

Sugar

Schools shall not offer grains (cereals, breads, pastries, cookies, cakes, etc) with more than 14g sugar per ounce in purchased products (natural sugars, such a fruits, are exempt). Schools shall strive to include foods with less than 10g of sugar per ounce at breakfast and lunch.

Sodium

Schools shall limit sodium to 2 mg per calorie

Fiber

School shall offer meals with at least one gram of fiber per 100 calories.

Cholesterol

Schools shall limit cholesterol to 75 mg for breakfast and 100 mg for lunch

Condiments

Schools shall not have salt shakers or packets available. Schools shall not have sugar dispensers or packets available. Schools shall accurately reflect condiment usage in nutrient analysis and on production records. Schools are encourages to use low-fat condiments and/or control portions of high-fat condiments.

A la Carte

Schools shall limit a la carte foods that do not meet the nutrition standards for school meals

Food service will be sensate to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

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LEGAL REFERENCE:

42 U.S.C. 1751 et seq. National School Lunch Act
ADOPTED: 5/8/06
AMENDED: 5/10/10