

District Nutrition Standards

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 Nutrition 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.

- **Nutrient Dense Foods Encouraged.**
Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables will be strongly encouraged.

- **Fat Content**
Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

- **Content from Added Sugars**
No individual item served by food service as part of a traditional meal, as an ala cart item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

- **Milk Products**
Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Only unflavored milk will be served during the school breakfast program. Both unflavored and flavored milk will be available during the school lunch program. No products will be served which derive more than one-third of their weight from added sugars. Low-fat (1%) and non-fat (skim) forms of milk will be featured in single-serving sizes whenever possible. Whole milk or lactose-free milk will be available when medically indicated.

- **Juice-based Drinks**
Pure juice may be available as an additional beverage during the school breakfast time.

Other juice-based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based "juice drinks" or sport drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.

In all cases, single-serving sizes will be featured.

Children who bring sack lunches from home are encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks.

- **Soda Pop**

No soda pop will be allowed during the school day including students bringing lunches or snacks.

- **Caffeine and Additives**

Products containing caffeine will not be available during mealtimes. An exception will be made for chocolate.

Food service will be sensitive 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.

Cross Reference: 8250 Guidelines for Food and Beverages Sold Individually
8260 Vending Machines

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act

Policy History:

Adopted on: August 10, 2009

Revised on: June 21, 2010