

Nutrition Services

- I. The Board is committed to providing an educational environment that promotes healthy eating patterns, which are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and fitness. Well-planned and well-implemented school nutrition programs have been shown to positively influence students in their eating habits as well as their classroom achievement.
- II. The Board recognizes that the food choices and eating habits of all our children may put them at risk for developing severe long-term health problems. Eating disorders have reached epidemic levels in Washington and throughout the nation. Students who are not physically fit often are limited in participation in recreation as well as school extracurricular activities, and are at risk for discrimination, psychological stress, and low self-esteem, all of which impact learning.
- III. The district shall offer students and staff nutritional and appealing breakfasts and lunches consistent with the standards of the Superintendent of Public Instruction, the Washington State Department of Health, and US Dietary Guidelines for Americans published jointly by the US Department of Agriculture and the Department of Health and Human Services.
- IV. It is the intent of the Board that the nutrition services program be self-supporting from revenues received from sales and state and federal subsidies. No meals shall be charged. To the maximum extent possible, all schools in the district will participate in available federal school meal programs.
- V. Competitive Food Sales will not be permitted to operate in competition with the district nutrition services program except as specified in Regulation 3650.
- VI. The district will establish an Advisory Health Council. The Superintendent shall solicit input from the Council for developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

Legal Reference: RCW 28A.235.120; RCW 28A.210.360
 Washington State Constitution Article VIII, Section 5
 Dietary Guidelines for Americans 2005, USDA and USHHS
 Federal Register (45 FR 6758) January 29, 1980
 Appendix B of 7 CFR Part 210

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 June 14, 1999
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