

Nutrition Services

I. Definitions

- A. Competitive Foods means any foods or beverages sold in competition with the nutrition services program during the meal periods. Competitive Foods does not mean foods that are brought to school by students for individual consumption.
- B. Foods and beverages sold individually to students on school campuses shall meet national school nutrition standards established by the Healthy, Hunger-Free Kids Act of 2010.
- C. Food Service Area means any area on school premises in which National School Lunch and/or School Breakfast Program meals are served or eaten.
- D. None of the above definitions is intended to prohibit the sale of water.

II. Nutritional Standards

The district shall provide school breakfasts and lunches which meet the nutritional standards for state and federal school breakfast and lunch programs, which are applicable to the district. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

III. Nutrition Service Meals

Meals served through the National School Lunch and Breakfast Programs shall:

- A. be appealing and attractive to children;
- B. be served in clean and pleasant surroundings;
- C. meet, at a minimum, nutrition requirements established by state and federal regulations which are applicable to the district;
- D. offer a variety of fruits and vegetables;
- E. serve milk only that is designated low-fat (1%) or fat-free.

IV. Minimal Nutritional Value Foods and Beverages

Foods and beverages sold individually shall not be sold to students until thirty (30) minutes after the last lunch period in the school.

V. Competitive Foods

A. Middle and Elementary Schools

No Competitive Foods or beverages may be sold during the time when foods are being served as part of the school breakfast and lunch programs.

B. High Schools

Competitive Foods and beverages may be sold during the time when school breakfast and lunch programs are serving food.

- C. Competitive Foods distributed as part of occasional class parties or celebrations are exempt from the Healthy, Hungry Free Kids Act; however, the people sponsoring the party or celebration are strongly encouraged to provide healthy food choices.

VI. Privately Donated Foods

- A. Because of the potential health hazards and district liability, neither the food services program nor individual schools shall accept donations of food without the express written approval of the Superintendent or designee.

- B. Foods and beverages brought to school for class parties or celebrations are not considered privately donated foods. Food and beverages brought to school should be commercially purchased with the ingredient label intact

VII. Free and Reduced Price Food Services

- A. The district shall provide free and reduced-price breakfast and lunch to students according to the terms of the National School Lunch and Breakfast Programs, and other state and federal regulations, which are applicable to the district.

- B. The district shall inform parents of the eligibility standards for free or reduced price meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced price meal benefits to the Superintendent or the Superintendent's designee.

- C. Reasonable efforts shall be made to protect the confidentiality of students receiving such meals.

VIII. Surplus Commodities

The district shall use food commodities made available under the Federal Food Commodities Program for school meals.

IX. Food as Motivation

- A. School staff members and Parent Teacher Associations are encouraged not to use foods or beverages as rewards for academic performance or good behavior, unless in the judgment of the teacher such rewards are appropriate, and the

foods or beverages meet the national standards established by the Healthy, Hungry Free-Kids Act.

B. Food shall not, in any instance, be withheld as punishment.

X. Advisory Health Council

A. The Council shall be comprised of registered dietitians, pediatricians, school nurses, teachers, administrators, vendor owners, parents and students.

B. There shall be no more than twenty (20) persons appointed by the Superintendent or designee.

C. The Council shall meet at least annually to review (a) current research on nutrition and fitness, and (b) to update district Policies and Regulations 3650 and 6310. It shall provide other advice as requested by the Superintendent.

XI. Healthy Foods

Parents are encouraged to send healthy items as school snacks and lunches.

XII. Parent and Stakeholder Information

Nutrition information and information on Policies and Regulations 3650 and 6310 will be included periodically in newsletters for parents of elementary and middle school students.

The district will also inform stakeholders of their opportunity for involvement in the development, review, updating and implementation of Policies and Regulations 3650 and 6310 by participating in the Advisory Health Council.

XIII. Monitoring Compliance

In each school, the principal or designee will ensure compliance with the nutrition and physical education and fitness policies and regulations and will report on the school's compliance to the Superintendent or the Superintendent's designee. The district will periodically measure compliance and make available to the public an assessment on the implementation of district Policies and Regulations 3650 and 6310.

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VPS