

The District shall provide school meals, which meet or exceed the nutritional standards required by United States Department of Agriculture (USDA) program regulations of the National School Lunch Program (NSLP) and the National School Breakfast Program (SBP). Additionally, the District shall comply with requirements of the Healthy and Hunger Free Kids Act of 2010 and the Smart Snacks in Schools standards with regard to the nutritional content of all food sold or provided by the school, including school meals, a la carte items, foods sold from vending machines, and foods sold for fundraisers. The District permits the sale or distribution of nutrient dense, Smart Snack compliant foods for all school functions and activities as well as non-food items. 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 federal nutrition standards cited above for the sale of food and beverages on school grounds.

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

Calorie Range

Schools shall ensure the meals offered to children comply with USDA calorie levels.

Trans Fat

Schools shall eliminate foods containing added trans fat on the nutrition label.

Whole Grains

All grain offerings shall be whole grain rich.

Fruits and Vegetables

Schools shall offer, at a minimum, one fruit on all points of service for breakfast. Schools shall offer at least one fruit and one non-fried vegetable at all points of lunch service each day. Schools shall offer a variety of fresh fruits and vegetables when possible.

Milk

Schools shall offer fat-free and low-fat unflavored milk at all points of service. Schools may not sell 2% or whole milk. Flavored milk offerings must be low fat or skim milk.

Water

Schools shall make water available to students during meal service free of charge.

Legumes

Schools shall offer legumes (dry beans and peas) at least one time per week along with other required vegetable subgroups.

Sodium

Schools shall limit sodium to meet NSLP and SBP standards.

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 encouraged to use low-fat condiments and/or control portions of high-fat condiments.



LEGAL REFERENCE:

Cross Reference: ISBA 2305 Nutrition Services
ISBA 8250 Guidelines for Food and Beverages Sales
ISBA 8230 Nutrition Standards

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act
7 CFR Parts 210 Nutrition School Lunch and School Breakfast
Programs: Final Rule
Smart Snacks in School Regulations by the United States Department
of Agriculture
Smart Snacks in School Policy by the Idaho State Department of
Education—Child Nutrition Programs

ADOPTED: 5/8/06

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