

This policy supports the mission of the School District: Providing the environment that cultivates maximum student potential. Nutrition influences a child's development, health, wellbeing and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

**Hot Lunch/Breakfast Program:**

- A full meal program will follow the U.S. Government's Nutrition Standards and offer a variety of fruits and vegetables. At least half of the grains served shall be whole grain.
- The meals served will be appealing and attractive to children.
- The Hot Lunch/Breakfast provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
  - A la carte items that do not meet the District Nutrition (i.e., limit quantity sold to an individual student).
  - A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

**Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Highland School:

- Will, to the extent possible, operate the School Breakfast Program;
- Will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom. "grab and go" breakfast, or breakfast during morning break or recess.
- Will serve breakfast to students and notify parents and students of the availability of the School Breakfast Program.
- Will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Lunchroom Climate:**

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings.

**Meal Times and Scheduling**

Highland School:

- Will provide students with a least 15-20 minutes to eat after sitting down for breakfast and 15-20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g. lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk.)



**LEGAL REFERENCE:**

Board Action

ADOPTED: 5/8/06

AMENDED: