

The District encourages the use 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. At any school function (parties, celebrations, feasts, sporting events, etc.) health food choice options should be available. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, etc.)
- Pretzels
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dip (Ranch, French, Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Elementary School. The school food service program will approve and provide all food and beverage sales to students in elementary school. Given young children's limited nutrition skills, food in elementary school should be sold as balanced meals. If available, food and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Junior High and High School. In Junior High and High School, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during school day, or through programs for students after the school day, *will be encouraged to meet* nutrition and portion size standards:

After School Snacks. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursement through the National School Lunch Program

Celebrations. Schools should try to limit celebrations that involve food during the school day. Discretion shall be used when permitting such events so that classroom learning is held to a maximum.



LEGAL REFERENCE:

Board Action

ADOPTED: 5/8/06

AMENDED: 6/9/08