

**Board Policy**  
**Business and Non-instructional Operations**  
**Food Service/Child Nutrition Program**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. To reinforce the district's nutrition education program, foods available on school premises shall be:

1. Carefully selected so as to contribute to students' nutritional well-being and the prevention of disease.
2. Meet or exceed nutritional standards specified in law or administrative regulation.
3. Prepared in ways that will appeal to students, retain nutritive quality and foster healthful eating habits.
4. Served in age-appropriate quantities and at reasonable prices.

Students shall be provided adequate space to eat meals in pleasant surroundings as well as adequate time to eat, relax and socialize. The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of California Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

The Superintendent or designee shall ensure that the meals offered by the district's food service program meet the nutritional standards established by the Governing Board and the nutritional standards and dietary guidelines required for participation in the National School Lunch and School Breakfast Programs.

The Superintendent or designee shall establish procedures whereby students and parents/guardians may participate in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to also consider nutritional quality and support the district's nutrition education efforts when selecting any snacks that they may donate for occasional class parties.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline parts of their meal that they do not intend to consume.

The Superintendent or designee shall annually report to the Board regarding the district's compliance with District, State and Federal nutrition standards for food and beverages.

Legal Reference:

EDUCATION CODE- 38080-38103,45103.5 49490-49493,49500-49505,49510-49520, 49530-49536,49540-49546,49547-49548.3,49550-49560

CODE OF REGULATIONS, TITLE 5-15500-15501, 15510, 15530-15535, 15550-15565

CODE OF FEDERAL REGULATIONS, TITLE 7-210,220

Management Resources:

CDE PROGRAM ADVISORIES- 1200.89, 1200.90, 1200.91

SBE POLICIES:

Nutritional Quality of Foods and Beverages Available in California Public Schools, 1/92

Nutritional Education and Training, 1/92

Establishment of Local Policies on Nutritional Quality of Food and Beverage Sales on Public School Campus, 1/92

U.S. DEPARTMENT OF AGRICULTURE AND DEPARTMENT OF HEALTH AND HUMAN SERVICES- 1990 Dietary Guidelines for Americans

Board Policy Adopted: 3/8/01

Board Policy Revised: 3/11/04, 8/24/06

**Administrative Regulation**  
**Business and Non-instructional Operations**  
**Food Service/Child Nutrition Program**

**Posting Requirements**

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating places.

Each school may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432).

**Nutritional Standards**

The Superintendent or designee shall ensure that the sale of all foods to students on school grounds complies with the following nutritional standards:

1. The only food that may be sold to students in elementary schools during breakfast and lunch periods is food that is sold as a full meal. Fruit, non-fried vegetables, legumes, beverages, dairy products or grain products, if sold as individual food items, may be offered for sale during the morning or afternoon breaks if:
  - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat (not including fruits, vegetables and 100% juices).
  - b. Not more than 10 percent of the food item's total calories is from saturated fat and the food item contains no added trans fats.
  - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar or have high fructose corn syrup as the first or second ingredient.
  - d. No individual item may contain more than 175 calories.
  
2. The food that may be sold to students in middle and high schools during breakfast and lunch periods is food that is sold as a full meal, sold through a la carte lines or vending machines. Fruit, non-fried vegetables, legumes, beverages, dairy products or grain products, if sold as individual food items, may be offered for sale through a la carte lines and vending machines if:
  - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat (not including fruits, vegetables and 100% juices).
  - b. Not more than 10 percent of the food item's total calories is from saturated fat and the food item contains no added trans fats.

- c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar or have high fructose corn syrup as the first or second ingredient.
- d. No individual item may contain more than 250 calories.

If sold as a full meal, each entree item shall:

- a. Not exceed 400 calories
  - b. Contain no more than four grams of fat per 100 calories
  - c. Be categorized as an entree item in the National School Lunch or School Breakfast program
3. Elementary Schools: Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk, vegetable based drinks that are composed of no less than 50% vegetable juice and have no added sweetener, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and that have no added sweeteners. This applies to beverages sold in the lunch line, a la carte line, student store, or vending machines.

Secondary Schools: Regardless of the time of day, the only beverages that may be sold to middle and high school students in the lunch line, a la carte line, student store, or vending machines are water, milk, vegetable based drinks that are composed of no less than 50% vegetable juice and have no added sweetener, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and that have no added sweeteners. Sports drinks (Electrolyte drinks) may be sold at high schools after the end of the lunch period only in the locker room areas and gymnasium areas.

- 4. Ensure fruits and vegetables are made available wherever food is sold on campus, with an emphasis on fresh fruits and vegetables where practicable and feasible.

### **Nutrition Education**

The Superintendent or Designee shall ensure that:

- 1. Nutrition education is part of the eating experience where food is sold through posters, reminders from staff and other appropriate means.
- 2. Menus are distributed to students and parents, and included in the district's website, that contains nutrition education information.
- 3. Students receive consistent nutrition messages throughout the school and classroom.

Administrative Regulation revised: 3/11/04, 8/24/06