

Food Services

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Food Services Program

A food services program may be provided *directly* by the School or may be provided *indirectly* by a company that has entered into a contract with the Governing Authority. The food services program shall comply with all state and federal regulations regarding the management of the program, such as fiscal management, menu planning, food preparation and food disposal. If the food service program is provided by a contracted company, the contracted company shall be responsible for ensuring that the menu meets or exceeds all federal and state regulations regarding nutritional and dietary requirements.

Unless provided otherwise, all students shall remain on school property during the lunch period. During the lunch period, staff members, or their permitted designees will be responsible for supervising the students. If any or all students are permitted to leave school property during lunch, the students shall adhere to all applicable rules or guidelines established by the School.

If the food services program has a special rate for students, then staff members and other adults are prohibited, according to government regulations, from purchasing a lunch at this special rate.

Cross-Reference: Policy 2120, Federal Nutrition Programs; Policy 2130, Wellness Policy; Policy 2140, Nutritional Standards; Policy 2150, State Nutritional Guidelines; Policy 2250, Known Food Allergies; Policy 2310, Hand Washing Requirements; Policy 2320, Personal Safety; Policy 2330, Equipment Safety.

Federal Nutrition Programs

The Governing Authority recognizes that adequate nutrition is a necessary component for each student's education and success. Accordingly, free or reduced price breakfasts and lunches, as well as free milk, will be offered to all students who qualify. Qualification standards are based upon the most recent criteria established by the Child Nutrition Program and National School Lunch Act and issued by the Ohio Department of Education.

The Head Administrator is responsible for directing and overseeing the free and reduced-price meal program and the free milk program. The Head Administrator shall ensure the program complies with the standards below.

- Ensure that each student receives an application at the beginning of each school year or when the student enrolls after the start of the school year. This application shall serve as a notification to each student's family regarding the availability of the programs, the eligibility requirements, and the application process.
- Ensure that all applications are received and processed in a timely manner as required by law.
- Establish and implement any procedures and policies necessary to ensure that the free and reduced-price meal program and the free milk program operate efficiently and in accordance with all applicable regulations.
- Submit all necessary paperwork or other documentation to the School Food Service Division of the State Department of Education on a timely basis.

Federal: 42 U.S.C. § 1751.

Cross-Reference: Policy 2110, Food Services Program; Policy 2130, Wellness Policy; Policy 2140, Nutritional Standards; Policy 2150, State Nutritional Guidelines.

Wellness Policy

The School recognizes that a healthy lifestyle is an important part of success in education and in life, and that there is a strong correlation between students who lead healthy lifestyles and students who complete their formal education. The School also recognizes that is important for staff members to make healthy lifestyle choices, not only to improve their health and job performance, but also to serve as effective role models for students. Accordingly, the Governing Authority hereby adopts the following general guidelines to be used, in conjunction with any federal or state regulations or other Policies, in establishing and implementing programs and activities regarding nutrition and general wellness.

Nutritional Guidelines

All food available in the School during the school day shall serve the objectives of promoting student health and reducing childhood obesity. Pursuant to this:

- all foods shall be served in appropriate serving sizes, as determined by the USDA;
- all beverages sold on school premises must comply with all statewide standards as discussed in Policy **2140**, Nutritional Standards.
- when selecting foods to be served a la carte, foods shall be nutritious and conform with state guidelines and standards;
- when possible, food choices shall be appealing and attractive to children and made after considering the opinions and suggestions of an advisory group consisting of students, parents, staff, and other members of the community;
- when selecting foods, a preference should be expressed for foods that are high in fiber and low in added fats, sugar, and sodium;
- when selecting foods which will be reimbursed pursuant to a state or federal program, foods shall be selected which meet the program requirements, but no additional or more restrictive requirements shall be placed on the food selection;

Physical Activity Opportunities

Physical activity shall be designed to promote student wellness and shall a part of the School curriculum. The Physical activity opportunities shall be designed to accomplish a goal of promoting an active, fit lifestyle. There are several ways these can be accomplished including, but not limited to, the following:

- physical education class, consisting of both physical activity and education;
- integrating physical education and physical activities across the curricula as possible;
- physical education class that promotes participation in physical activity beyond the school environment;
- extracurricular activities offered on a regular, recurring basis; and

- other School-wide activities offered on a regular, recurring basis.

Nutrition & Health Education

The School is committed to furthering this Wellness Policy through nutrition and health education. Nutrition education shall be designed to promote healthy lifestyle choices and the importance of nutrition. This goal may be accomplished by the following:

- including instruction about nutrition, physical exercise, and disease prevention as a part of the Health curriculum;
- integrating nutrition education into the curriculum beyond health education classes;
- developing nutrition and health education that developmentally appropriate and culturally sensitive;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Students shall be regularly exposed

Students shall also be given opportunities throughout the day to implement these healthy lifestyle choices. By offering a selection of nutritious foods and exposing students to active, physical activities throughout the day, students have the opportunity to apply their knowledge about healthy lifestyle choices outside of the classroom environment.

Community and Family Involvement

The School shall foster and develop relationships between the students, the parents, and other members of the community, so that everyone can work together to reinforce the School's educational mission learning and to help extend learning and wellness beyond the classroom through events, activities, programs, and other projects.

All community involvement shall adhere to the guidelines articulated in this Manual, and shall account for diversity among students and diversity within the community.

Monitoring and Reviewing this Policy

The Head Administrator or his/her designee shall ensure the School implements and complies with this policy. The Head Administrator shall develop administrative guidelines as necessary to implement this policy.

As appropriate and possible, the School shall involve parents, students, representatives of the school food provider, the Governing Authority, School Administrators, and the public in further implementing and developing this policy.

Federal: 42 U.S.C. §1751, 42 U.S.C. §1771.

Cross-Reference: Policy 2110, Food Services Program; Policy 2120, Federal Nutrition Programs; Policy 2140, Nutritional Standards; Policy 2150, State Nutritional Guidelines; Policy 2260, Physical Activity Waiver and Consent; Policy 2310, Hand Washing Requirements; Policy 6110, Visitors; Policy 6120 Volunteers; Policy 6130 Relations with Law Enforcement Agencies.

Nutritional Standards

In an effort to encourage healthy eating, the School shall limit which foods and beverages are offered to students and when food and beverages are offered. The Governing Authority shall approve only foods and beverages that are consistent with these Policies.

Food and Beverage Standards

When making decisions about which foods and beverages should be served or offered to students, the School shall comply with the following:

- any nutritional rules established by Ohio law and/or regulation;
- any nutritional rules established by Federal law and/or regulation;
- the nutritional value of the food or beverage compared with the nutritional needs of students, as determined by the USDA;
- the goals and policies in Policy **2130**, Wellness Policy; and
- the goals and standards included in this policy manual.

Time of Serving

The time of day for the sale of food and beverages to students shall be consistent with the student's nutrient intake needs, eating patterns, and class schedules. Bake sales and other fundraising activities involving food or beverages shall not be held during the lunch hour.

Vending Machines

Vending machines shall not be placed in any classroom where students are provided instruction, unless the classroom also is used to serve student meals. During lunch period, the School shall not operate vending machines selling food or beverages that are not approved by the Governing Authority and are inconsistent with this policy. The Governing Authority further reserves the right to restrict vending sales of all non-approved food.

Food Service Program Report

The Food Services Program's supervisor shall develop a Food Service Program Report (the "Report") on an annual basis. The Report shall be made in consultation with a licensed dietitian, a certified school nutrition specialist, or a registered dietetic technician. The Report shall: (1) describe how the School is complying with and enforcing all food/drink policies, laws, and guidelines and (2) include restrictions on the time and place food is being served, and (3) indicate the standards for the type of food being served.

Each year, the Food Service Program's supervisor shall submit for Governing Authority approval, the Supervisor's recommendations regarding which types of food and beverages shall

be served as part of the Program. The Governing Authority shall only approve those food and beverages that conform to the above standards.

Separate standards and policies may be established for the types of food and beverages sold to staff members or sold at extracurricular activities or other special events.

Ohio: R.C. 3313.814, R.C. 3313.816, O.A.C. 3301-91-09.

Cross-Reference: Policy 2110, Food Services Program; Policy 2120, Federal Nutrition Programs; Policy 2130, Wellness Policy; Policy 2150, State Nutritional Guidelines.

Nutritional Guidelines

The State of Ohio has adopted nutritional guidelines regarding the sale of food and beverages in Schools. The School shall conform to these guidelines by only selling foods that adhere with these standards and any additional nutritional standards articulated in the Nutritional Standards Policy.

Beverages

General Guidelines. All schools must conform to the following guidelines:

- At least 50% of all beverages offered a la carte during the normal or extended school day shall be water or other beverages containing no more than 10 calories per 8 ounces. Milk and juice are included in this calculation, unless the vending machine sells only milk.
- Any beverage containing no more than 10 calories per 8 ounces may contain sweeteners, flavoring and/or carbonation. USDA regulations, however, restrict carbonated beverages from being sold during the breakfast or lunch hour.

In addition to the general guidelines, the School shall observe the following guidelines, depending on what the majority of grades are.

Kindergarten to fourth grade. At schools in which the majority of grades offered are in the range of kindergarten to fourth grade, only the following beverages may be offered:

- water;
- 8 ounces or less of low fat or fat-free milk, provided that the milk does not contain more than 170 calories per 8 ounces;* and
- 8 ounces or less of 100% fruit juice or 8 ounces of a 100% fruit juice and water blend without any added sweeteners, provided that the juice or blend contains no more than 160 calories per 8 ounces.

Fifth to eighth grade. At schools in which the majority of grades offered are in the range of fifth grade to eighth grade, only the following beverages may be offered:

- water;
- 8 ounces or less of low fat or fat-free milk, provided that the milk does not contain more than 170 calories per 8 ounces;* and
- 10 ounces or less of 100% fruit juice or fruit juice and water blend without any added sweeteners, provided that the juice or blend contains no more than 160 calories per 8 ounces.

Ninth to twelfth grade. At schools in which the majority of grades offered are in the range of ninth grade to twelfth grade, only the following beverages may be offered:

- water;
- 16 ounces or less of low fat or fat-free milk, provided that the milk does not contain more than 170 calories per 8 ounces;*
- 12 ounces or less of 100% fruit juice or fruit juice and water blend without any added sweeteners, provided that the juice or juice blend contains no more than 160 calories per 8 ounces; and
- 12 ounces or less of any beverage that does not contain more than 66 calories per 8 ounces.

* As of January 1, 2014, milk must contain no more than 150 calories per 8 ounces.

A la Carte Food

All food sold a la carte must meet appropriate nutritional and serving size standards, as established by the Alliance for Healthier Generation or the Nutrient Density Format. Food is sold a la carte if it cannot qualify as part of a reimbursable meal, as defined in section 3313.814 of the Revised Code. This includes food that is actually served as part of a reimbursable meal, but that is not a qualifying component of the meal.

Food sold a la carte is exempted from the a la carte standards if either of the following qualifications is met:

- The food is also offered as a qualifying component of a reimbursable meal and is served in the same serving size as on the reimbursable meal; or
- The food could qualify as a component of a reimbursable meal and is served in any appropriate serving size as determined by the School in consideration of applicable regulations, standards, and guidelines.

Ohio: R.C. 3313.814, R.C. 3313.816, 3313.817.

Cross-Reference: Policy 2110, Food Services Program; Policy 2120, Federal Nutrition Programs; Policy 2130, Wellness Policy; Policy 2140, Nutritional Standards.

