

guidelines

OFFICE OF THE SUPERINTENDENT
MONROE COUNTY COMMUNITY SCHOOL CORPORATION

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FOOD SERVICES

I. School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations (which requires an average of 664 calories for elementary and 825 calories for 7-12 grade for a standard lunch) <http://www.doe.state.in.us/food/schoolnutrition/welcome.html>;
- Offer a variety of fruits and vegetables;
- Serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

A. 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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will open the school early enough so that students have enough time to come to the cafeteria and sit down for breakfast.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

B. Meal times and scheduling

- Schools will schedule meal periods as close to the middle of the day as possible.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

C. Sharing of Foods and Beverages – Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

II. Foods and Beverages sold individually (i.e. foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. This is to include snacks provided to school sponsored after school programs. Food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low fat and non fat milk, fruits, 100% fruit juice, bottled water and non-fried vegetables.

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Middle/High Schools. In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, vending machines, or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

A. Food Items

- not more than 30% total calories from fat and not more than 10% of those calories from saturated fat (excluding nuts and seeds, peanut butter, and other nut butters);
- not more than 35% of their weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products;
- not more than 30 grams carbohydrates (excluding fruits and vegetables);
- not more than 230 grams of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items.

B. Beverage Items

- Water and seltzer water that do not contain additional caloric sweeteners;
- Low fat and fat free milk of any flavor or low fat yogurt drinks, soy beverage, rice beverage and other similar dairy or non-dairy beverage which are calcium fortified;
- Fruit or vegetable juice that contain 100% real fruit or vegetable juice or at least 50% real fruit or vegetable juice and do not contain additional caloric sweeteners.
- **Not allowed:** soft drinks; punch, iced teas, coffee; fruit based drinks that contain less than 50% real fruit or vegetable juice or that contain additional caloric sweeteners; beverages containing caffeine excluding low-fat or fat-free chocolate milk.

C. Portion Sizes

A food item available for sale at a school or on school grounds may not exceed the following portion limits if the food item contains more than 210 calories:

- Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky – 1.75 ounces;
- Cookies and cereal bars – 2 ounces;
- Bakery items-including pastries and muffins – 3 ounces;
- Frozen desserts, including, but not limited to, low-fat or fat-free ice cream – 3 fluid ounces;
- Non-frozen yogurt – 8 ounces;
- Entrée items and side dish items, including French fries and onion rings, the food item available for sale may not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch program or school breakfast program;
- Fruits and non-fried vegetables are exempt from portion-size limits;
- A beverage item may not exceed twenty (20) ounces.

D. Sales of Food and Drink

- Sales of food and drink outside of Food Services are prohibited during meal periods.
- All Sales of food and drink outside of Food Services (including vending machines) and approved fund raisers are prohibited during the entire instructional day.