



Nutritional Quality of Food and Beverages Sold and Served on Campus

School Meals

Free and reduced meals will be offered to all families who qualify. Students will not be able in any way to identify what type of lunch another student receives.

Meals served through the National School Lunch Program will:

- be appealing and attractive to children
- be served in clean and friendly environment
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables (if we have funds available we will make fruits & vegetables available to students 3 times a week for snacks FREE)
- serve only low fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives defined by USDA
- ensure that all grains served are whole grain rich

There shall be no food brought into the school for lunch that is in competition with school-provided lunches, except for a packed lunch brought to school by an individual for his/her own consumption. Students may not bring snack food to share with others that does not comply with the wellness policy.

The Cafeteria staff of BMS will involve students and parents in the lunch program by:

- using parent volunteers whenever possible in the preparation and serving of school meals
- making taste tests available to students of new nutritional foods
- providing surveys to students and parents about school foods at least one time during the school year

Meal times and Scheduling

- Students will have at least 20 minutes to eat after sitting down for lunch.
- Lunch will be scheduled between 11 a.m. And 1 p.m. for all students.
- Tutoring, club or organizational meetings or activities will not be scheduled during mealtimes, unless students may eat during such activities.
- Reasonable steps will be taken to accommodate the tooth-brushing regimes of students with special oral health needs (orthodontia or high tooth decay risk).

Water

To promote hydration, free, safe drinking water will be available to all students throughout the school day. The Café will make cups available during mealtimes. In addition, students will be allowed to bring water bottles to the classroom.

A la carte Foods

To support healthy food choices and improve student health and well-being, all foods and beverages sold outside of school meal programs during the school day (12:00 am – 3:30 pm) will meet the USDA Smart Snacks in School nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in the Café, vending machines and snack or food carts.

Fundraising

BMS will only use foods, beverages and non-food items designed for delivery or consumption after school hours as fundraisers.

School-sponsored Events

- School activities, athletic and academic functions, etc. that occur after the school day (3:30pm) are not covered by this policy. Food and beverages offered at these functions *should* include some healthy choices.
- A packed lunch can be provided by the cafeteria for all field trips. Teachers must always give the students the option of a lunch from the Café.

Celebrations and Rewards

- Snacks and birthday treats brought to the classroom should make a positive contribution to children's health. The school will provide a list of healthy snack items to teachers and parents, including non-food celebration ideas.
- Teachers will ensure that food allergies of any participants are known before serving any food item.
- Soda may not be served during the school day.
- School staff should limit celebrations that involve food during the school day to no more than four times per class per year. These celebrations should include no more than one food or beverage that does not meet nutrition standards for food and beverages served or sold on campus.
- Food and beverages will not be used as a reward, or withheld from students as a consequence for inappropriate behavior or poor academic performance.

Recommendations for Snack Foods

- Fruit smoothies
- Fresh fruit & vegetables
- Yogurt, yogurt parfaits
- Trail mix
- String cheese
- Fig cookies
- Whole grain crackers or pretzels
- Whole grain soft pretzels
- Plain popcorn
- Fruit snacks (with 100% juice or fruit as the first ingredient)
- Pudding
- Graham crackers
- Baked chips

*Please confirm any food allergies with your child's teacher before providing snack for a class.

Additional snacks ideas are available at:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/