

FOOD SERVICE

Nutritious meals at school are a great way to ensure that students are prepared to learn. The MCPS Food and Nutrition Services Department proudly incorporates many local and regional foods into its menu, ensuring students receive the best quality foods possible. The goal is to provide meals that are nutritious, taste great and will sustain students throughout the day.

Nutrition guidelines for all foods are available through Food Service.

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

- a) Foods served will be visually appealing, and marketed toward students.
- b) Be served in a supportive and encouraging environment.
- c) Meet and exceed nutrition requirements established by all regulatory agencies.
- d) Make available a wide variety of fruits and vegetables, both local and imported and both fresh and minimally processed.
- e) Serve only low-fat (1%) and fat-free milk – white or flavored.
- f) Provide whole wheat and whole grain products wherever possible.

Meal Prices:

Meal prices for the 2018-2019:

- | | |
|---------------------------------|--------|
| a) High School Breakfast: | \$1.75 |
| b) High School Lunch: | \$2.75 |
| c) Middle School Breakfast: | \$1.75 |
| d) Middle School Lunch: | \$2.75 |
| e) Elementary School Breakfast: | \$1.50 |
| f) Elementary School Lunch: | \$2.50 |

Milk is .50 cents to students who bring their own lunch or wish to purchase extra milk. MCPS does not offer a free milk program.

Parents will be notified daily by a recorded phone message if their child's meal account reaches a minimum \$2 balance. Parents who register on the MCPS Student Information System, Angle, can view their student's meal account balance online.

Breakfast:

To provide access for all children to have breakfast at school.

- a) All MCPS schools will participate in the National School Breakfast Program.
- b) Schools will arrange bus schedules and utilize methods such as grab and go meals and breakfast in the classroom to encourage participation.
- c) Schools will provide communications to parents and students regarding the program at their school.

MCPS offers breakfast in the Classroom at Franklin, Hawthorne, Lowell and Russell Schools.

Student Meal Benefits:

Schools will communicate to families the process for applying for meal benefits, and make every effort to encourage the use of these benefits.

Free and Reduced-Price School Meals Applications must be completed every year due to federal regulations. Applications are available through the MCPS Food and Nutrition Office.

Meal Times and Scheduling:

Schools will:

- Provide students with the appropriate amount of time to consume their meals in a relaxing atmosphere.
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Provide dining areas that have enough seating space for all students assigned to a lunch period.

Rewards:

Schools are encouraged not to use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

In accordance with Board policy water is the only beverage allowed to be consumed in class.

A la Carte and All Vending Machines:

Beverages

- a) will exclude items that qualify as a meal component under the guidelines of the National School Breakfast and Lunch Program
- b) will only include 100% fruit juice, water, flavored zero calorie water, low-fat white and flavored milk (skim and 1%)
- c) all beverages will not exceed 16oz in size except for water

Snacks

- a) will be less than 35% calories from fat
- b) will be less than 10% saturated fat
- c) will contain no trans fat
- d) will be no more than 35% total weight from sugar
- e) will be 300 calories or less per item

Healthy Hunger Free Kids Act (HHFKA):

The HHFKA was signed into law by President Obama on December 13, 2010. It is designed to reduce childhood hunger, promote childhood health, reduce childhood obesity, and improve and simplify child nutrition programs.

Key Provisions:

- **National Nutrition Standards for all foods sold in schools:** The bill sets standards for all foods sold in schools. Special exemptions: food sold during school-sponsored fundraisers (infrequent occurrences only), food sold after hours (concession stands & after school fundraisers, and food available only to adults. *All coffee carts, student vending machines and school stores are held to these standards.*
- **Basic guideline of HHFKA:** If sold/available in the school to students during school hours-food must meet guidelines.
- **Equity in School Lunch Pricing:** Requires that all food authorities participating in the National School Lunch Program to have an average price of \$2.46. *If the price is not already \$2.46, school food service programs are required to increase prices a minimum of 5 cents but no more than 10 cents annually until price reaches \$2.46.*
- **Milk:** Milk must be low-fat unflavored or fat-free flavored and unflavored.
- **Water:** Water must be available to all students. If no drinking fountains are available then pitchers of water must be provided. Students will be allowed to fill water bottles.
- **Increased serving sizes for fruit and vegetables:** Serving sizes will increase for all ages of students as well as types of vegetables served every week.

MCPS Food and Nutrition Office will be responsible and will monitor all school produced foods (central kitchen, breakfast and lunches). The school principal shall be responsible for monitoring all other sources of food (DECA, coffee carts, student vending machines, etc.).

Physical Activity:

Schools will provide opportunities for physical education and structured activities that are taught by a certified physical education teacher. Programs for students with disabilities, special health-care needs and in alternative educational settings shall accommodate their individual needs.

School administrators shall minimize the use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end, schools will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle, and to reduce time spent on sedentary activities; and
- discourage sedentary activities, such as watching television.

Physical Activity and Punishment:

Teachers and all other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Other School Based Activities that Promote Student**Wellness:**

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will:

- support parents' efforts to provide their children with opportunities to be physically active outside of school; and share information about school based and community physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework; and
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day.

Monitoring and Procedural Review:

The superintendent or designee will ensure compliance with established nutrition and physical activity wellness procedures.