

FOOD SERVICE NUTRITIONAL GUIDELINES (Grades Pre-K- 8)

The following nutritional guidelines apply to all students in grades Pre-K - 8.

Water Consumption

Encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. The principal may want to authorize students to carry water bottles during the school day using the suggested water bottle policy shown below. Teachers may need to call for extra water breaks too. Even during periods of moderate temperature, staff members should remind students of the value of consuming water.

Water sales should be a significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

Water Bottle Policy

Each wing shall determine when students may bring water bottles for use during school and establish a policy for whether or not bottles may be refilled during school time. .

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should on a regular basis be recycled (if appropriate), discarded, or taken home for sanitized reuse.
- Students misusing water bottles will be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the library.

Fat Content

Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates.

Content from Added Sugars

It is desirable that no individual item served by food service as part of a traditional meal, as an ala cart item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

Milk Products

Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Both unflavored and flavored milk will be available during the school lunch program. It is desirable that no products will be served which derive more than one-third of their weight

from added sugars. Low-fat (1 %) and non-fat (skim) forms of milk will be featured in single -serving sizes whenever possible. Whole milk or lactose-free milk will be available when medically indicated.

Juice-based Drinks

Pure juice may be available as an additional beverage during the school breakfast time.

It is desirable that no sweetener-based "juice drinks" or sport drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.

In all cases, single-serving sizes will be featured.

Children who bring sack lunches from home are encouraged to bring milk, 100% juice, or water with them instead of consuming heavily sweetened juice drinks and sport drinks. They may also buy milk through the lunch program.

Soda Pop

Soda pop is not provided or made available during regular school hours of operation Monday-Friday.

Children who bring sack lunches from home are encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks.

Caffeine and Additives

Products containing caffeine will not be available during mealtimes. An exception will be made for chocolate.

Food service will be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

Adopted:	June 12, 2006
Revised:	April 14, 2014

Legal	Administrative Code:
References:	Wisconsin Statutes: 115.35;