

# MIDVALE SCHOOL DISTRICT #433 - Policy Manual

## SECTION 800

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##### **811.1 - GENERAL PROVISIONS**

##### **Purpose of the School Lunch Program**

It shall be the purpose of the school lunch program to provide an opportunity for all students to partake of a nutritious hot lunch and breakfast. Type A lunches and breakfast will be served at each of the schools, according to specifications of the National School Lunch Program and the Idaho School Food Service.

##### **Scope of the Program**

Each student in School District #433 shall be eligible to purchase school lunches and breakfast at a price to be set by the Board of Trustees. Students who bring their own meals are entitled to buy milk at the cafeteria.

Teachers and other adults will also be eligible to purchase school meals. However, in the event of a food shortage, students shall have preference.

**Last Updated: 21 March 2016**

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##### **822.1 - CHILD NUTRITION and WELLNESS**

It is the goal of the Midvale School District to strive to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. The Midvale School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

The Board directs the Superintendent to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

### Definition

For the purposes of this policy the school day is defined as midnight before to thirty (30) minutes after the end of the official school day.

### Goals for Wellness Promotion

To ensure the health and well being of all students, it is the policy of the District to:

1. Ensure that all students have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA's National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. Exceptions can be made for infrequent food sales fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school meal times;
3. Ensure that fundraising food sales will not occur on school grounds during the school day. The District operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and National After School Snack Program. This includes food sold during the school day in school stores, vending machines, and other venues. (Note: There are many healthy fundraising options available to schools including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day. Fundraising activities that take place outside of school, such as frozen pizza sales, are exempt from

- the nutrition standards.);
4. It is recommended that celebrations that involve food during the school day be limited to no more than one party per class per month. It is also recommended that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools.
  5. Support and promote dietary habits contributing to students' health and academic performance. All foods available on school grounds and at school-sponsored activities during the school day should meet or exceed the USDA Smart Snacks in School nutrition guidelines. Wholesome foods produced in Idaho should be available and actively promoted in a health school environment. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals. The District encourages all staff to focus on the Dietary Guidelines for Americans;
  6. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including good nutrition and regular physical activity;
  7. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits;
  8. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
  9. Provide District staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change; and
  10. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
  11. All students will receive instruction in good nutrition in their appropriate classes: elementary students in the classroom; secondary students in required health and nutrition classes.
  12. Establish a Wellness Committee comprised of individuals from the following groups: parents, teachers, students, administration, food service director, and physical education director and members of the community. All interested stakeholders are urged to take part.

The District shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For the purpose, the District may:

1. Ensure that all District schools become certified as a Healthier US School Challenge

- schools and/or enroll as a Team Nutrition schools;
2. Host at least one health fair each year;
  3. Draft and regularly distribute a wellness newsletter for students and parents;
  4. Review Smarter Lunchroom Movement best practices and evaluate each school's ability to implement them;
  5. Provide a minimum of 60 minutes of physical education per week to elementary students and 106 minutes per week to middle school students;
  6. Offer a recognition or reward program for students who exhibit healthy behaviors;
  7. Start a walking or physical activity club at each school;
  8. Offer at least four after school physical activity programs;
  9. Ensure students have access to hand-washing facilities prior to meals;
  10. Annually evaluate the marketing and promotion of the school meal program;
  11. Share school meal nutrition information with students and families;
  12. Offer students taste-testing or menu planning opportunities;
  13. Participate in Farm to School activities and/or have a school garden;
  14. Advertise and promote nutritious foods and beverages on school grounds;
  15. Offer nutritious foods and beverages at lower prices than other foods and beverages;
  16. Offer fruits or non-fried vegetables everywhere foods are sold;
  17. Use student feedback to improve the quality of the school meal programs;
  18. Offer a staff wellness program;
  19. Provide District staff with adequate pre-service and on-going in-service training that focuses on program administration, nutrition, physical activity, safety, the importance of modeling healthy behaviors, and strategies for behavioral change; and
  20. Participate in community partnerships to support wellness programs, projects, events, or activities.

### Student Selection of Food Items

Under Federal law students are not required to take items of food that they will not consume, provided they take at least three (3) items from the list of five (5) items served. If a student takes less than five items the price shall not be reduced.

The purpose of these regulations and this policy is to reduce the amount of waste in the food service program and still encourage students to take all five items.

Students in grades K-12 may select three (3) food items with full-size portions from the list of five (5) items offered. Additional items selected may be in reduced portions, if requested.

### Nutrition Guidelines

To promote student health and reduce childhood obesity, the District urges all schools within the District to comply with the nutrition standards by the USDA with respect to all food that is available on campus during the school day.

## Community Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are all urged to participate in the development, implementation, and periodic review of this policy.

The Superintendent shall annually make available to the public the content of the policy and an assessment on the implementation of this policy including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the District or school website at [midaleschools.org](http://midaleschools.org). The assessment of the implementation of the policy shall be conducted at least once every three years.

## Monitoring Compliance

The Board of Trustees shall designate the Superintendent to ensure that each school complies with this policy.

**Last Updated: 22 June 2020    Reviewed: 25 January 2021**

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## **832.1 - MEAL CHARGES**

### GENERAL

The school lunch and breakfast program is operated on a non-profit basis and is supported by the National School Lunch Program, the costs of meals sold and sufficient district monies to make up any differences between receipts and expenditures.

The Board of Trustees shall establish charges for meals no later than their regular meeting in August. These charges may be adjusted by the Board at any meeting of the Trustees.

### CLASSIFICATION OF CHARGES

There shall be six (6) classifications considered when establishing meal charges. They are:

1. Students qualifying for free meals.

2. Students qualifying for reduced price meals.
3. Paying students in grades Pre-school - 6.
4. Paying students in grades 7-12.
5. Adults employed by the district.
6. Adults not employed by the district.

#### FREE AND REDUCED PRICE MEALS

During registration all students will be given information on the requirements that must be met to qualify for free or reduced price meals. Parents who wish to apply for either program must make application on a form provided by the District. If all requirements are met the application will be approved for the appropriate program.

#### CHARGING MEALS AND UNPAID MEALS POLICY

The Midvale School District will permit families to charge their meal costs. Families will be billed monthly, and every effort will be made to collect charges owed in a timely manner. No student will be denied the regularly offered meal based on inability to pay or charges owed.

1. Employees of the Midvale School District may charge their meals and will be notified monthly of balance due. Visiting adults will pay for each meal at the time of visit.

**Last Updated: 26 Nov 2018**

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