

# CHAPTER 9 - OPERATIONS

## 9.4 SCHOOL FOOD SERVICE POLICIES

### 9.4.1 Program Requirements

### 9.4.2 Nutrition Environment

### 9.4.3 Food Choices at School

### 9.4.4 Food Sales

### 9.4.5 Standards for Food Sales During School Lunch Times to Students

#### **SOURCES:**

ORC 305.18

ORC 3313.814

ORC 3313.81

ORC 3313.811-815

OAC 3301-91

7 CFR 210, 215, 220, 240

42 USC 1758

## **9.4 SCHOOL FOOD SERVICE POLICIES**

This policy shall only apply to the children's school lunch and breakfast program and during those times that meals are served to students.

### **9.4.1 Program Requirements**

The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the state of Ohio.

Menus shall be planned:

- with adequate calories and a variety of foods to support growth, development and healthy weight;
- with student preferences considered;
- according to nutrition standards that are based on the Recommended Dietary Allowances, Dietary Guidelines for Americans and the Food Guide Pyramid;
- using purchasing practices that ensure the use of high-quality ingredients and prepared products to maximize flavor and acceptance; and
- with culinary techniques that ensure a balance between optimal nutrition and student acceptance.

### **9.4.2 Nutrition Environment**

The nutrition environment provides adequate space to eat meals in pleasant surroundings; students shall have adequate time to eat (at least 20 minutes after sitting down for lunch), relax, and socialize.

The nutrition environment supports the offering of competitive foods that ensure optimal nutrition quality and foster healthful eating habits.

The nutrition environment provides clear consistent nutrition messages and supports a comprehensive nutrition program from classroom to the cafeteria.

#### **9.4.3 Food Choices at School**

Definitions:

1. Competitive Foods - Foods not part of a reimbursable school meal. Competitive foods may be allowed in the food service area during the lunch period only if all income from the sale of these foods accrues to the benefit of the nonprofit school food service or school organization.
2. Foods Of Minimal Nutritional Value (FMNV) - Foods providing less than five percent of the Reference Daily Intake (RDI) for eight specific nutrients and which are prohibited from being sold during lunch and breakfast serving times to students. Foods included as FMNV include soda water (carbonated beverages), water ices ('Popsicle's'), chewing gum, and candies of the following types: hard candy (including breath mints and cough drops), jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

Food and beverages sold or served on school grounds shall meet nutritional standards and other guidelines set by the Board or they will not be assessable to students. Specifically:

1. Food and beverage choices in vending machines, snack bars, school stores, and concession stands;
2. Food and beverages sold as part of school sponsored fundraising activities;
3. A la carte offerings in the food service program will include healthy options such as 100% juice, fruit cups, and bottled water.

#### **9.4.4 Food Sales**

The sale of all foods on school grounds shall be under the management of the school food service program, except foods sold as part of a fundraising activity. Food and beverages shall not be sold from vending machines or school stores before lunch and during lunch unless they are a part of the school food service program. Profits generated from sales of foods or beverages in vending machines or school stores will accrue to programs or organizations designated by the Superintendent.

#### **9.4.5 Standards for Food Sales During School Lunch Times to Students**

- 100% fruit juice, bottled water and nutritious food items are to be sold at attractive, competitive prices.
- No beverages containing 10mg. of caffeine or more will be sold or served.
- Foods selected for sale should contribute to the development of good eating habits and therefore should be low in fat (i.e. no more than 3 grams of fat per 100 calories).
- Selections should include foods that contain fiber.
- Any juice or juice product sold or served must contain a minimum of 20% real fruit juice.