

SMYRNA SCHOOL DISTRICT

District Policy

Article: 5000 Students

Title: Child Nutrition Policy

Policy #: 5146

SCHOOL MEALS

The Smyrna School District Board of Education supports the belief that foods available to students during the school day should as a minimum reflect the “Dietary Guidelines for Americans” and regulations of the U.S. Dept. of Agriculture.

This belief is based upon the demonstrated relationship between food, nutrition, and learning and the nation’s goals for excellence in education for all children.

Schools should provide for immediate growth and development needs as well as provide the setting for sending positive health messages to students, staff, and community. As such, Child Nutrition Programs should be regarded as an integral part of the school environment. These programs should provide students the opportunity for adopting and maintaining appropriate healthy lifestyles including food choices as part of comprehensive health education. In direct conflict with this mission is the sale of food of minimal nutritional value at school for profit. The sale of these foods or providing of these foods for consumption sends a message to students that it is acceptable to compromise health for monetary gain.

The trend of students being given the opportunity to choose foods of low nutrient density with high caloric value in competition with nutrition education and the meal programs is a growing concern because of the public awareness about diet related health issues and learning ability. The increase evidence that appropriate food choices may prevent or delay the onset of diet-related chronic or degenerative diseases and evidence that nutrition is directly related to learning, makes it especially important that nutritional meals be promoted in all areas of a child’s educational day not just meal time.

The District will participate in the National School Breakfast and Lunch Programs.
Nutritious meals will be available, for a reasonable price, to all students in Grades K-12.

REGULATIONS FOR CHILD NUTRITION PROGRAMS

1. Breakfast:

Breakfast will be available to any student who arrives at school during the morning serving hours. Students in Grades K through 12 may participate in the program.

2. Closed Lunch

All schools in the Smyrna School District participate in a closed lunch. Students must eat at the school. The Smyrna School District discourages parents bringing food items from outside establishments into the cafeteria area during service times.

3. Snacks

The District’s Wellness Policy endorses the intake of nutritious snacks during the school day. In order to foster an environment where students can be best equipped to succeed, the District will allow students to consume healthy snacks during the school day in a manner to be determined by the school administration.

4. Financial Assistance

Free and reduced priced meals are available to those families who qualify. Application should be made through the Child Nutrition Office and are subject to verification.

5. Charges and Return Checks

The following is the charging policy for the Smyrna School District Child Nutrition Programs.

All students grades K-12:

The Smyrna Child Nutrition Program is committed to meeting the growth and development needs of the District's students. Students are permitted to charge meals (breakfast and lunch) when they do not have sufficient funds to cover the meal cost. Students with insufficient funds shall be allowed to select a meal of their choosing, without restriction. The following procedures will be followed to prevent excessive charging and accumulation of unpaid debt:

Procedures:

- Meal benefit forms are given to all Smyrna School District students during the first week of school. Meal benefit forms information is made available to parents/guardians at school-community events (including, but not limited to: open house, Parent Teacher Organization (PTO) meetings, Child Nutrition Website, school front offices, and I love Smyrna School District Day).
- Multiple methods of communication will be used to contact parents/guardians: phone (home, cell, and work), direct mail, information sent home with the student, and/or email.
- The Child Nutrition office will investigate the need for completion of a meal benefit form by the parent(s)/guardian.
- A computerized notice will be generated weekly in the school cafeteria, put in his/her teacher's mailbox, and given to the student to take home to the parent(s)/guardian.
- The cafeteria manager will provide the building principal with a list of students that have outstanding charges at the end of each marking period in order to obtain administrative assistance in collecting the excessive debt.
- The Child Nutrition office will contact the parents/guardians of students with excessive debt (greater than \$10.00) monthly.
- When a payment is made, the student's account will be credited minus the balance due.
- All charge collections are to be handled in the cafeteria by the cafeteria manager or cashier.
- Parents/Guardians of students with excessive debt are encouraged to contact the Child Nutrition Program Supervisor at 302-653-3134.

Charging of meals by adults is strictly prohibited.

Returned checks on student accounts will be assessed a minimum fee of \$10 plus the check amount. The parent(s)/guardian will not be permitted to pay by check for the remainder of the school year.

6. Meal Prices

Prices for school meals will be set by the Smyrna School Board with recommendations from the Child Nutrition Programs Supervisor.

7. Ala-Carte Sales:

It is policy of the Smyrna School District to promote sound nutrition practices for students. Students in all grades will not be sold ala-carte items unless they purchase a lunch or bring a lunch from home.

8. Sale of Extra Food Items in School:

Extra food items or competitive food shall not be offered for sale to students until the conclusion of the student school day. Items sold must be limited to school fund raisers approved by the Building Principal and the Child Nutrition Supervisor. **Food items must also meet the Smyrna School District's Wellness Policy standards.** The child nutrition programs are in operation from 7:30 A.M. to 2:00 P.M.

9. Meal Services for Students During the School Day

Meal services for Students during the school day, separate and apart from the non-profit meal program, shall take place only with approval from the Child Nutrition Programs Department. Meal

services for field trips will be made available for students and staff. We ask that discretion be used when giving rewards and taking trips so that they reflect the Nutrition Policy *and Wellness Policy*. **Child Nutrition Programs have limited storage facilities therefore storage of foods for parties and other activities is not available. Meals served to students in the classroom setting by staff other than the Child Nutrition Staff should be nutritionally sound as well as foods that are not potentially hazardous as defined by the Board of Health Regulations. Staff serving these items should also be aware of any food allergies students may have.**

10. Discipline

No student may be denied meals as a disciplinary action.

11. Students have adequate time to eat breakfast and lunch.

In each school, every effort will be made to work collaboratively to provide students with adequate time to consume school meals. The recommended time allowance (eating time for each student after being served the meal) for student consumption is ten minutes for breakfast and fifteen for lunch.

12. Purchasing practices ensure the use of quality products.

Purchasing practices for food, equipment and related services shall be conducted in accordance with Federal and State Law and according to District policies. Consideration for high quality and cost effectiveness shall guide purchasing decisions for child nutrition programs.

13. Meals served to children will be nutritious and well balanced.

All meals served to children will be nutritious and well balanced. Meals will be provided based on the "Nutrition Standards mandated by USDA guidelines. The guidelines include the "Dietary Guidelines for Americans" and "MyPlate." Methods to accomplish these goals may be met by any of four menu planning options as defined by USDA. Nutritional analysis will assure that meals meet nutrient standard guidelines for appropriate age groups. Special food and nutrition needs will be met when a diet is ordered by a physician or registered dietitian.

14. Nutrition Education Should be an Integral Part of the Curriculum From Preschool To Twelfth Grade

Good nutrition is recognized as a key factor in health promotion and chronic disease prevention. Child nutrition staff will encourage and assist in activities that promote proper nutrition and encourage lifelong healthy eating habits.

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