

Mission

The District is committed to developing and promoting nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC) that will enhance student health, which is essential for achieving their full academic potential. In addition, the District will promote staff health awareness.

These guidelines shall promote the general wellness of all students and staff through nutrition education and support healthy eating, physical activity and other school-based activities to help reduce obesity and promote a healthy lifestyle. Therefore, the District will focus on providing more healthy foods and will continue to provide adequate portion sizes in order to avoid looming health problems with disease and health care.

General Nutrition Guidelines

The District shall ensure that nutritional guidelines for reimbursable school meals shall be as restrictive as federal regulations and guidance, and shall allow foods available in accordance with the Texas Public School Nutrition Policy mandated by the Texas Department of Agriculture (TDA).

Nutrition Guidelines for Middle School

For purposes of this policy, a junior high school campus is defined as a campus containing grades 7 and 8.

Foods of Minimal Nutritional Value (FMNV)

Junior high school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last lunch period. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see Section IV.

Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students on junior high campuses.

1. Fats and Fried Foods:
 - a. Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006–07 school year.
 - b. French fries and other fried potato products must not exceed three ounces per serving, may not be offered more than three times per week, and students may only purchase one serving at a time. (This does not pertain to potatoes which are mentioned specifically in Portion Sizes, below.) The District recommends that all such products be baked instead of fried.

- c. Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way may be served without restriction.
 - d. The junior high school will eliminate frying as a method of onsite preparation for foods served as part of school meals, a la carte, snack lines and competitive foods. This policy will be implemented by the 2009–10 school year.
 - e. Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
 - f. Beginning with the 2007–08 school year, schools should reduce the purchase of any products containing trans fat.
2. Portion Sizes:
- a. The following maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes.

Food or Beverage	Portion Size
Chips (regular) — not offered	1 ounce
Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels	1.5 ounces
Cookies/cereal bars	2 ounces
Bakery items (e.g., pastries, muffins) (This excludes items that count as two-bread components served/sold only at breakfast.)	3 ounces
Frozen desserts, ice cream, pudding and Jell-O	4 ounces
Yogurt	8 ounces
Whole milk flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)	8 ounces
Reduced fat mild (2 percent or less), flavored or unflavored. (Flavored milk may contain no more than 30 grams total sugar per 8 ounce serving.)	16 ounces
Beverages (other than milk) and those restricted as FMNV may contain no more than 30 grams	12 ounces

Food or Beverage	Portion Size
total sugar per 8 ounce serving. No limit on noncarbonated, unflavored bottled water.	
Candy bars and packaged candies	1.5 ounces
Frozen fruit slushes (must contain a minimum of 50 percent fruit juice)	12 ounces

- b. The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.
3. Healthier Menu Choices in the Cafeteria:
 - a. Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup. A variety of fruit choices will replace high-calorie, high-fat desserts.
 - b. Low-fat chocolate milk and one percent milk will be available to all students.
 - c. Portion sizes for entrées and french fries will be in accordance with the USDA Dietary Guidelines for Healthy Americans. To encourage the consumption of fresh vegetables, salad, and fruit, students at the middle school level will be allowed to self-serve these items.
 - d. Acceptable reduced-fat or low-fat entrées will be offered to students whenever possible. Current low-fat or reduced-fat entrées include pizza, hamburgers, hot dogs, pepperoni pockets, and beef and bean burritos.
 - e. Reduced-fat cheese will be purchased and used in recipes requiring cheese. Reduced-fat cheese will be used for all burgers and sandwiches.
 - f. Ground beef used in recipes will be drained and rinsed to further reduce the fat content. Purchased ground beef will not contain more than 20 percent fat.
 - g. Schools will strive to offer more whole grain products whenever possible (i.e., pizza crusts, rolls, sandwiches, and the like).
 - h. Schools will offer fresh fruits and vegetables (i.e., salad, carrot sticks, celery, broccoli, cucumbers, and the like)

each day on the serving line. No fat will be added to prepared frozen or canned vegetables.

- i. Butter flavored sprays will be used in place of butter whenever possible (i.e., rolls, grilled cheese sandwiches, garlic pinwheels, and the like).

Competitive Foods A junior high school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises during meal periods. This does not pertain to food items made available by the school food service department. The competitive foods included in this policy do not include FMNV, which are not allowed until after the end of the school day. All competitive foods sold or provided to students must meet the nutrition standards listed in NUTRITION STANDARDS, below.

Nutrition Guidelines for High Schools For purposes of this policy, a high school campus is defined as any campus containing grades 9–12.

Foods of Minimal Nutritional Value (FMNV) The following guidelines shall apply:

1. High schools may not serve or provide access to FMNV during meal periods in areas where reimbursable meals are served and/or consumed. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV) below.

New contracts and contract renewals executed after March 3, 2004, must expressly prohibit the sale of sugared, carbonated beverages in containers larger than 12 ounces.

2. It is the Texas Department of Agriculture's goal that, by the 2005–06 school year, no more than 30 percent of the beverages made available through vending machines on high school campuses will be sugared, carbonated soft drinks. Furthermore, it is the District's goal to limit sugared, carbonated beverages to containers holding no more than 12 ounces.

Nutrition Standards The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students on high school campuses.

1. **Fats and Fried Foods:**
 - a. Schools and other vendors may not serve food items containing more than 23 grams of fat per serving size more than twice per week.
 - b. French fries and other fried potato products must not exceed three ounces per serving, and students may only

purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in Portion Sizes.) The District recommends that all such products be baked instead of fried.

- c. Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way may be served without restriction.
- d. High schools will eliminate frying as a method of onsite preparation for foods served as part of school meals by the 2009–10 school year.
- e. Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
- f. Beginning with the 2007–08 school year, schools should reduce the purchase of any products containing trans fats.

2. Portion Sizes:

- a. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Food or Beverage	Portion Size
Chips (regular) — not offered	1.25 ounces
Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels	1.5 ounces
Cookies/cereal bars	2 ounces
Bakery items (e.g., pastries, muffins) (This excludes items that count as two-bread components served/sold only at breakfast.)	3 ounces
Frozen desserts, ice cream, pudding and Jell-O	4 ounces
Yogurt	8 ounces
Whole milk flavored or unflavored. (Flavored milk may contain no more than 30 grams total sugar per 8 ounce serving.)	8 ounces
Reduced fat milk (2 percent or less), flavored or unflavored. (Flavored milk may contain no more than 30 grams total sugar per 8 ounce serving.)	16 ounces
Beverages (other than milk) and those restricted as FMNV may contain no more than 30 grams	12 ounces

Food or Beverage	Portion Size
total sugar per 8 ounce serving. No limit on noncarbonated, unflavored bottled water	
Candy bars and packaged candies	1.5 ounces
Frozen fruit slushes (must contain a minimum of 50 percent fruit juice)	12 ounces

- b. The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.
3. Healthier Menu Choices in the Cafeteria:
 - a. Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup. A variety of fruit choices will replace high-calorie, high-fat desserts.
 - b. Low-fat chocolate milk and one percent milk will be available to all students.
 - c. Portion sizes for entrees and french fries will be in accordance with the USDA Dietary Guidelines for Healthy Americans. To encourage the consumption of fresh vegetables, salad, and fruit, students at the high school level will be allowed to self-serve these items.
 - d. Acceptable reduced-fat or low-fat entrees will be offered to students whenever possible. Current low-fat or reduced-fat entrees include pizza, hamburgers, hot dogs, pepperoni pockets, and beef and bean burritos.
 - e. Reduced-fat cheese will be purchased and used in recipes requiring cheese. Reduced-fat cheese will be used for all burgers and sandwiches.
 - f. Ground beef used in recipes will be drained and rinsed to further reduce the fat content. Purchased ground beef will not contain more than 20 percent fat.
 - g. Schools will strive to offer more whole grain products whenever possible (i.e., pizza crusts, rolls, sandwiches, and the like).
 - h. Schools will offer fresh fruits and vegetables (i.e., salad, carrot sticks, celery, broccoli, cucumbers, and the like)

each day on the serving line. No fat will be added to prepared frozen or canned vegetables.

- i. Butter flavored sprays will be used in place of butter whenever possible (i.e., rolls, grilled cheese sandwiches, garlic pinwheels, and the like).

Competitive Foods High schools may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served and/or consumed. This does not pertain to food items made available by the school food service department. All competitive foods sold or provided to students must meet the nutrition standards listed in Section III, B of this policy.

Foods of Minimal Nutritional Value (FMNV) Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the food service area during meal periods.

Restricted Foods The following foods are restricted:

1. Soda water includes any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
2. Water ices include any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
3. Chewing gum includes any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
4. Certain candies include any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - a. Hard Candy: A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Includes such items as, but not limited to, sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - b. Jellies and Gums: A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include, but not limited to, gum drops, jelly beans, jellied and fruit-flavored slices.

- c. Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
- d. Fondant: A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as, but not limited to, candy corn or soft mints.
- e. Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- f. Spun Candy: A product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.
- g. Candy Coated Popcorn: Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.
- h. Pickles, lemons, Lucas, Sal-limon, and Trechas.

Note: The USDA has approved exceptions for certain products included in the above categories. [See TDA, Food and Nutrition Division, Administrator's Reference Manual, for the current list of these exemptions]

FMNV and Policy
Exemptions

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students on school campuses.

1. School Nurses: This policy does not apply to school nurses using FMNV during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: Special needs students whose individualized education program (IEP) indicates the use of a FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. Special Dietary Needs: Any student with dietary needs/restrictions (i.e., diabetic diet, allergy to peanuts, and the like) shall provide a note with specific dietary instructions from a physician licensed to practice in the U.S. to the child nutrition coordinator, school nurse, coach, and other appropriate school staff. [See FFAF]

4. School Events: Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by the campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations. (For approved classroom parties, parents and teachers are strongly encouraged to provide food items that are in compliance with the Texas Department of Agriculture Nutrition Policy (see Section IV, Part C or visit www.squaremeals.org).
5. TAKS Test Days: Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the Texas Public School Nutrition Policy and may not contain any foods of minimal nutritional value or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, and the like). Please refer to APPROVED SNACKS FOR CLASSROOM for suggested nutritious snacks.
6. Instructional Use of Food in Classroom: For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
7. Field Trips: School-approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance.
8. Athletic, UIL and Other Competitions: The nutrition policy does not apply to students who leave campus to travel to athletic, UIL or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, and the like, that occur after the normal school day are not covered by the policy.

9. Birthday Treats: Nutritious treats are permitted for student birthday celebrations. Birthday celebrations should be scheduled after the end of the lunch period for the class so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods.

Approved Snacks
for Classroom

The District school nutrition services has composed a list of acceptable and approved snacks for the classroom that are in compliance with the Texas Department of Agriculture Nutrition Policy. Additional questions and snack ideas can be viewed at www.squaremeals.org.

BEVERAGES	
100 percent fruit juices	Drinkable Yogurts (GoGurt, Nouriche, and the like)
Milk (nonfat or low-fat, plain or flavored)	Fruit Smoothies
LOW-FAT GRAIN FOODS	
Pretzels	Newton cookies (fig, apple, berry, and the like)
Goldfish crackers	Baked chips
Wheat crackers	Store-bought fruit or grain muffin (low-fat)
Rice cakes or mini rice cakes (plain or flavored)	Dry cereal (individual servings)
Bagels	Animal crackers
Vanilla wafers	
FRESH FRUITS AND VEGETABLES	
Fresh seasonal fruit	Fresh vegetables with low-fat or fat-free dip or salad dressing
ADDITIONAL SNACKS	
Fruit Snacks	Peanut butter & crackers
Dried fruits & raisins	Low-fat string cheese
Fruit grain bars	Fruit, nut and/or grain trail mixes
Frozen fruit bars	Plain or fat-free popcorn
Low-fat pudding	

Meals and Snacks
Provided by Parents

This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items

for their own child's consumption, but they may not provide restricted items to other children at school.

Additional
Requirements

In addition to legal requirements, the District shall:

1. Encourage teachers to find alternatives to food when rewarding students. The District will provide teachers with education and guidelines for classroom rewards.
2. Work to establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
3. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day. Recommendations for healthy food and beverage options include bottled water, fresh fruit, animal crackers, pretzels, goldfish crackers, baked chips, and the like.

Wellness Goals

Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use a health course curriculum that emphasizes the importance of proper nutrition. In addition, the District establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum as recommended by the CATCH curriculum.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
5. Educational nutrition information will be shared with students, staff, families, and the general public to positively influence health and promote healthy lifestyles.
6. Health TEKS will be addressed in grades 7–12 where deemed appropriate (physical education, science classrooms, and the like).

Physical Activity

The District shall implement, in accordance with the law, a coordinated health program with physical education and physical activity components. It shall offer at least the required amount of physical

activity for all grades. In addition, the District establishes the following goals for physical activity:

1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to physical activity at least 85 percent of the time while students are in physical education.
3. The District will encourage teachers to integrate physical activity in the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs will be offered and students will be encouraged to participate when deemed appropriate at the campus (i.e., intramural sports, school soccer program, and the like).
5. Teachers and other school staff will be encouraged to promote enjoyable, life-long physical activities for themselves and students.
6. The District will encourage parents through PTL meetings and Boardworks to support their children's participation, to be active role models and to include physical activity in family events.
7. Physical education staff shall appropriately limit the amount or type of physical activity required of students during air pollution episodes, excessively hot weather or other inclement conditions.
8. The District will encourage students, parents, staff, and community members to use the District's outdoor recreational facilities that are available outside the school day.

School-Based
Activities

The District establishes the following goals to create an environment conducive to healthful eating, physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable. The District encourages mealtimes to be conducive to social interaction among students, teachers and occasional visitors.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted through electronic messaging.

4. As role models, teachers will not be allowed to eat during instructional time.

Implementation

The Superintendent is responsible for implementation of this wellness policy. To assist in this effort, the Superintendent will appoint a school health advisory committee (SHAC) consisting of the child nutrition coordinator, school nurse, teacher, one administrator, students, and parents.

The campus principal will select two parents and two students to represent the campus in the development of the wellness policy.

Monitoring

The Superintendent or designee will ensure compliance with the established Districtwide wellness policy. In each school, the principal or designee will ensure compliance with the wellness policy and will report on the school's compliance to the Superintendent or designee.

School food service staff at each campus will ensure compliance with nutrition policies within school food service areas and report on this matter to the school principal or designee.

The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each school year to identify areas of improvement. These groups will report their findings to the campus principal or principal designee and develop a plan for improvement.

The SHAC, via the child nutrition coordinator, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.

In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received an SMI review from the state agency within the past five years, the District will request from the state agency that an SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on Districtwide compliance with the District's established wellness policy, based on input from schools within the District. That report will be provided to the Board and also distributed to the SHAC and school principals.

Policy Review

Assessments will be conducted annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review the provision of an environment that supports healthy eating and physical activity. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.