



32 The district shall inform parents or guardians of the eligibility standards for Free or Reduced Meals  
33 prices. Reasonable efforts will be made to protect the identity of students receiving such meals.  
34

### 35 **QUALITY GUIDELINES**

- 36
- 37 1. Schools will provide clean and adequate facilities.
  - 38
  - 39 2. Students will be asked for input periodically regarding the quality of food served, the variety of  
40 options offered, and new menu choices to consider.
  - 41
  - 42 3. The school district will utilize a nutritional professional in the establishment, maintenance, and  
43 education of students and adults regarding the menus and food offerings. The nutritional  
44 professional may be an employee, contracted individual, or employed by a food service contractor.
  - 45
  - 46 4. Adequate time to eat should be provided. School personnel will evaluate procedures and processes  
47 in the cafeteria to minimize wait times in lines.
  - 48
  - 49
  - 50 5. Child nutrition programs will ~~attempt to~~ meet the needs of children with special diets **in compliance**  
51 **with** ~~whenever feasible within~~ regulatory requirements.
  - 52
  - 53 6. Drinking fountains will be available for students to get water at meals or throughout the day.
  - 54
  - 55 7. Proper sanitizations and cleanliness will be promoted prior to eating meals.
  - 56
  - 57

### 58 **OTHER FOOD OPTIONS**

- 59
- 60 1. Healthy, nutritious alternatives will be provided wherever food is offered through parties,  
61 celebrations, social events, and any school function.
  - 62
  - 63 2. Vending machines may be operated in the high school and junior high school offering food products  
64 to students. Vending machines will be controlled at the facility level regarding their content. **The**

65 contents will comply with smart snack compliant regulations as defined by Federal NSLP  
66 guidelines. The machine will provide a minimum of 60% of their products as nutritious and healthy  
67 as defined by the Food and Drug Administration. These products will occupy the right half of the  
68 machines whenever possible to promote visibility of the healthy alternatives offered. The product  
69 mix percentage is determined in aggregate of all machines at the facility, not each machine  
70 individually.

71  
72 3. Class functions or parties shall offer healthy fruit alternatives to any non-healthy snacks to  
73 accommodate and include students with medical conditions. All peanuts, nuts, and any product  
74 made with or cooked in nut oils are prohibited and cannot be brought to the classroom to prevent  
75 potential severe allergic reactions. A listing of healthy food and party alternatives will be provided  
76 and maintained on the school website to encourage parents to bring healthy, appropriate snacks.

77  
78 4. School staff shall not use food as a reward for student accomplishments unless it is specifically  
79 stated in the students IEP. The withholding of food or food alternatives shall not be permitted as a  
80 punishment or discipline action (i.e. not allowing flavored milk as an option for misbehaving).

81  
82 5. The district shall maintain on the school website a link to FDA recommendations for healthy  
83 alternatives and other websites for additional information. This will be designed to educate parents  
84 and encourage healthy eating away from school.

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## 86 **PHYSICAL ACTIVITY**

87  
88 1. The district will maintain a health and physical education curriculum consistent with the Idaho  
89 State Board of Education Rules that will provide opportunities for developmentally appropriate  
90 health and physical education instruction.

91  
92 2. Elementary schools will provide when practical, 40-minutes of recess per day where rigorous  
93 activity is encouraged. Elementary schools are encouraged but not required to hold a noon recess  
94 prior to eating lunch.

95  
96 3. To promote physical fitness of students and parents, the district will offer its facilities for  
97 recreational purposes, with minimum cost to the district, pursuant to the district's facility use

98 policies and procedures. The district may enter into agreements with other governmental or  
99 community organizations to allow the facilities to be used for physical activities and recreation  
100 programs outside the hours of the normal school day.

101  
102 4. The district shall support, provide, and participate in extracurricular activities to promote physical  
103 fitness where financially feasible. This includes but is not limited to all inter-district sports  
104 activities, competitions, and intra-district intramural competitions.

105  
106 5. The district will provide a link on its website of the recommendations for family physical fitness  
107 activities and fitness standards to promote physical fitness outside of school activities and to  
108 educate parents.

109

110 **COMMITTEE FORMATION**

111

112 The district shall convene a school wellness committee with representatives from administration,  
113 parents, students, teachers, and food service staff to monitor and evaluate the effectiveness of the  
114 current procedures. Recommendations from this committee will be forwarded to the  
115 Superintendent for their evaluation and implementation.

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121 **LEGAL REFERENCE:**

122 Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child

123 Nutrition Act, 42 U.S.C. § 1758b (2010).

124 Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

125 42 U.S.C. § 1751, *et seq.*

126 42 U.S.C. § 1771, *et seq.*

127 7 CFR Part 210

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129 **ADOPTED:** March 17, 2009

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131

Reviewed: December 15, 2009

Reviewed: February 15, 2011

Reviewed: April 16, 2013

REVISE