

**FOOD SERVICE/CHILD NUTRITION PROGRAM**

Posting Requirements

Each district school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Nutritional Standards

The Child Nutrition and Physical Activity Advisory Committee (CNPAAC), in coordination with Food Services and the Superintendent or designee, shall ensure the nutritional quality and quantity of all foods served or made available to students and staff meet the standards as required by 7 CFR 210.10 and 220.8.

1. The Food Services program will ensure that all foods served on school campuses from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
  - a. No more than 35 percent of total calories from fat (not including nuts or seeds)
  - b. No more than ten percent of total calories from saturated fat
  - c. No more than 35 percent added sugar by weight (not including fruits, vegetables, and 100 percent juices)
  - d. The only beverages that may be sold to elementary students are water, milk, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50 percent fruit juice and that have no added sweeteners.
2. The District shall exercise control over all vending machines on its property.
3. The District shall ensure more fresh produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus.
  - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
  - b. Salad bars and/or pre-packaged salads, as well as fresh fruit, should be available at each school site.
4. The District shall ensure meals are served in a pleasant environment with sufficient time for eating.

## **FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)**

- a. Students shall have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided.
  - b. School site leadership shall be involved to improve cafeteria decor and atmosphere.
  - c. Food Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
  - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.
5. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.

Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.

6. The District shall ensure adequate nutrition is provided to students according to Federal and State criteria.
- a. The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
  - b. The District shall ensure that all qualified children become eligible for free-and-reduced meals.
7. The District shall increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
- a. Provide nutrition and physical activity information monthly through a website linked to Cypress School District.
  - b. Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.

### **Child Nutrition and Physical Activity Advisory Committee**

The Child Nutrition and Physical Activity Advisory Committee shall meet at least once during the year and meetings shall be open to the public.

AR 3550(c)

## **FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)**

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, those defined in Education Code 49433.

*(cf. 1220 - Citizen Advisory Committee)*

Regulation  
approved: June 2002  
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**CYPRESS SCHOOL DISTRICT**  
Cypress, California