



Palm Springs Unified School District Student Wellness Plan 2013

980 E. Tahquitz Canyon Way
Palm Springs, CA 92262

OVERVIEW

The Palm Springs Unified School District Board of Education

recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement. Healthy, Hunger-Free Kids Act of 2010 (*P.L. 111-296 42 USC 1758b, 1751-1769, 1771-1791*) includes specific policies appropriate for local schools Wellness Plans (*42 USC 1758b*)

The Superintendent or designee shall inform and update the public, including parents/guardians, students and others in the community about the contents and implementation of this Plan. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this plan, to extent to which this Plan compares to model wellness polices available for the US Department of Agriculture, and a description of the progress made in attaining the goals of the wellness plan. *42USC 1758b P.L. 111-296*

General Criteria

Team Nutrition School

All schools are enrolled as a Team Nutrition School

School Meals Programs

Schools participate in the School Breakfast Program (*SBP*) and National School Lunch Program (*NSLP*)
Reimbursable meals meet USDA nutrition standards
Completion of school's corrective actions from recent State review of school meals program

Average Daily Participation (ADP) based on attendance calculations	Breakfast	Elementary and Middle School All schools will offer Breakfast Silver: 20% Gold: 35% Gold Award of Distinction: 35%	High School All Schools will offer Breakfast Silver: 15% Gold: 25% Gold Award of Distinction: 25%
	Lunch	Elementary and Middle School All schools will offer Lunch Silver: 60% Gold: 75% Gold Award of Distinction: 75%	High School All Schools will offer Lunch Silver: 45% Gold: 65% Gold Award of Distinction: 65%

Monitoring

Self-audit verifying compliance

Site Wellness Committees to be established and shall include an administrator, a health professional, and a parent

Site Wellness Committees will be charged with disseminating the information of the Wellness Plan, monitoring compliance and yearly reporting wellness related compliance

Site Wellness Committees can impose stricter polices but cannot reduce the requirements of the Wellness Plan as adopted by the Palm Springs Unified School Board of Education

Within the first twelve weeks of each school year, the District Wellness Committee shall:

- 1. Audit food service menus including a la carte and practices related to this policy for compliance**
- 2. Audit and/or review vending machines and day time competitive sales for compliance**
- 3. Recommend actions to responsible personnel to remedy concerns and to provide needed follow up**
- 4. Review the District and Site Wellness Plans, recommend revisions as necessary and develop site procedures**

Within the first twelve weeks of each school year, the Site Wellness Committee shall:

- 1. Audit and/or review vending machines and day time competitive sales for compliance**
- 2. Review and submit fund raising activities for approval**
- 3. Recommend actions to responsible personnel to remedy concerns and to provide needed follow up**
- 4. Develop site based reporting and monitoring**
- 5. Write the monitoring report for the previous year and submit the Wellness Site Monitoring Report to the District Wellness Committee**

General Concerns/Identified Differences

	Topic	Goals	Action Plan For Site Wellness Committees and District Wellness Committee	Goal Date	Check Off
K-12	<ul style="list-style-type: none"> Parent participation and involvement Sites will receive Dairy Council Lesson Plans 	<ul style="list-style-type: none"> Bring nutrition and physical activity awareness to parents and bridge home/school resources to families Raise staff participation Create a consistent monitoring program by staff/administration 	<ul style="list-style-type: none"> Use resources and set meetings to involve parents in nutrition and physical activity Record meeting minutes Create small group discussions Create simple questionnaires Report all media coverage 	On-going	<input type="checkbox"/>

Breakfast Criteria

Topic	Goals and Requirements	Action Plan	Goal Date	Check Off
K-12	<ul style="list-style-type: none"> Meal times/scheduling It is the intent to allow a minimum of 20 minutes to consume food after student has exited meal line It is the intent to provide adequate seating for all students to eat, no student should be required to stand, sit on ground or return to classroom for mealtime seating 			<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> Fruit At least one fruit other than 100% juice is offered daily at breakfast. Fruit may be fresh canned or frozen in fruit juice or light syrup sweeteners/canned fruit packed in juice or light syrup. 2 fruits per week must be fresh and must meet the USDA requirements 			<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> Grains 100% of grains offered weekly are whole grain-rich Grains must be offered in three different types of items weekly 			<input type="checkbox"/>
	<ul style="list-style-type: none"> Beverages Maximum 8 oz. of juice for high schools and 6 oz. for elementary and middle schools No carbonated or electrolyte beverages No caffeinated beverages No low calories beverages with artificial sweetener 100% strength fruit and vegetable juices with no 			<input type="checkbox"/>

sweeteners or non-nutritive
sweeteners may be served

- Milk (8oz.) must be offered as non-fat or low-fat, if flavored milk is offered it must be non-fat
- Water (no flavored, sweetened, carbonated, caffeinated or nonnutritive sweeteners can be served)

Lunch Criteria

Topic	Goals and Requirements	Action Plan	Goal Date	Check Off
K-12	<p>Meal time scheduling</p> <ul style="list-style-type: none"> All schools must offer lunch in compliance with the USDA Guidelines 42 USC 1773 1779 1758b 	<ul style="list-style-type: none"> It is the intent to allow 20 minutes to consume food after student has exited the meal line It is the intent that students return to class after a meal is served before students are dismissed Schools will meet the California State meal mandate. <i>Ed Code 49550</i> It is the intent to provide adequate seating for all students to sit, no student should be required to stand, sit on ground or return to classroom for mealtime seating 		<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> Vegetables 	<ul style="list-style-type: none"> A different vegetable is served every day of the week and must be a minimum of ¼ cup serving. Starchy vegetables limited to one cup per week. Dark green or orange are offered three or more days per week. Cooked dry beans/peas (<i>legumes</i>) must be offered each week 		<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> Fruit 	<ul style="list-style-type: none"> A different fruit is served every day of the week. All servings must be at least ¼ cup. Dried fruit must have no added sugars. Fruit that is fresh, frozen or canned in juice/light syrup is acceptable. 100% fruit juice can only be counted as fruit at lunch once per week. Fresh fruit must be served once per week. 		<input type="checkbox"/>

K-12	<ul style="list-style-type: none"> • Second Entrees 	<ul style="list-style-type: none"> • Second entrees cannot be sold unless they meet the nutrition criteria of <i>35-10-35</i> and <i>230mg</i> sodium as in compliance with competitive foods regulations • All a la carte items sold through the lunch room or any student organization must meet the <i>35-10-35 and 230mg</i> sodium criteria 	<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> • Bread Grains 	<ul style="list-style-type: none"> • All grains offered must be whole grain-rich • At least three different types of whole grain-rich foods offered during the week • Only one whole grain-rich offering per week may be a grain-based dessert. 	<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Water must be available at or near the breakfast and lunch areas 	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Beverages 	<ul style="list-style-type: none"> • Maximum <i>8 oz.</i> of juice for high schools and <i>6 oz.</i> for elementary and middle schools • No carbonated or electrolyte beverages • No caffeinated beverages same question • No low calories beverages containing artificial sweeteners • <i>100%</i> strength fruit and vegetable juices with no sweeteners or non-nutritive sweeteners may be served • Milk (<i>8oz.</i>) must be offered as 	<input type="checkbox"/>

- non-fat or low-fat, if flavored milk is offered it must be non-fat
- Water (no flavored, sweetened, carbonated, caffeinated or nonnutritive sweeteners can be served)

Nutrition Education

	Regulations	Requirements	Action Plan	Goal Date	Check Off
K-12	<p>PSUSD aims to teach, encourage and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion through the adopted core curricula that:</p> <p>Ed Code <i>CF 6011, CF 6143</i></p>	<ul style="list-style-type: none"> • Nutrition Education is offered as part of the adopted standards-based core curriculum • Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and physical education • Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health-enhancing nutrition practices • Emphasizes caloric balance between food intake and energy expenditure • Includes training for teachers and other staff, as appropriate to their teaching or support assignment 			<input type="checkbox"/>
Elementary		<ul style="list-style-type: none"> • Nutrition education is provided to all students in all grades • The best practice is that nutrition education is being taught as part of comprehensive health education for at least 30 minutes per week in grades K-2 and 40 minutes per week in grades 3-5 • Dairy Council curriculum and lessons plans can be used to assist in teaching Nutrition through the core subjects 			<input type="checkbox"/>

Middle	Required	<ul style="list-style-type: none"> • Monitor that nutrition education is being taught as part of comprehensive health education offered in at least one grade during the school year • Offered in at least two grades 	<input type="checkbox"/>
	Best Practice		
High School	Required	<ul style="list-style-type: none"> • Monitor that nutrition education is being taught as part of the requirements associated with the Health Framework for California Public Schools. 	<input type="checkbox"/>

Physical Education (PE) for all award levels, nutrition education is offered in two courses required for graduation.

	Topic	Goals and Requirements	Action Plan	Goal Date	Check Off
Elementary	<ul style="list-style-type: none"> Physical Education 	<ul style="list-style-type: none"> All elementary schools in grades one, two and three will have at least 30 minutes a day (distributed over more than one session, as appropriate) of supervised recess and students in grades four and five will have 20 minutes a day of supervised recess. Recess times shall be in addition to the lunch break and preferably outdoors, during which school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two-and-a-half or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. <i>Ed Code CF 5142.2, 6142.7, 6145</i> 			<input type="checkbox"/>
K-12	<ul style="list-style-type: none"> Structured physical education must be provided. 		<ul style="list-style-type: none"> Are students in all grades participating in daily physical activity throughout the school year? 		<input type="checkbox"/>

Elementary	<ul style="list-style-type: none"> For all award levels 	<ul style="list-style-type: none"> It is the intent that an elementary student shall have a Minimum average 150 minutes of physical activity per week throughout the school year. Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold Award of Distinction) 	<ul style="list-style-type: none"> The intent is that students levels of physical activity increase after they participated in Physical Education Create activities for school staff that include healthy lifestyle behaviors, eating, physical activity, and injury prevention 		☐
		<ul style="list-style-type: none"> PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes. 			
Middle/ High School	<ul style="list-style-type: none"> For all award levels 	<ul style="list-style-type: none"> Structured physical education offered at all grade levels at 50 minutes per day or 250 minutes per week 			☐

Physical Education Activity (PA)

	Topics	Goals and Requirements	Action Plan	Goal Date	Check Off
Elementary		<ul style="list-style-type: none"> It is the intent that physical activity opportunities are provided each day for all full day students (e.g., recess, walking clubs, intramural sports, and a walk-to-school program). Such opportunities for physical activity are not the same as physical education 	<ul style="list-style-type: none"> Provide evidence of leadership, commitment, and support for school health, including healthy eating and physical activity, from school boards, school administrators, and other decision makers; Drive positive changes in healthy eating and physical activity programs; sustain and expand healthy eating and physical activity programs or activities; Establish accountability by identifying who is responsible for healthy eating and physical activity programs and policies; and establish performance measures. 		<input type="checkbox"/>
	<ul style="list-style-type: none"> Education Code Physical Education 51222 Physical Education, Elementary 51223 	<ul style="list-style-type: none"> School reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment. 			
Middle/ High School		<ul style="list-style-type: none"> It is the intent that all schools provide students opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to 			<input type="checkbox"/>

		all students.			
		<ul style="list-style-type: none"> Schools reinforce physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment. 			<input type="checkbox"/>
		<ul style="list-style-type: none"> Schools provide students in all grades opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students. 			<input type="checkbox"/>

Local School Wellness Policy

	Topic Regulations	Goals and Requirements	Action Plan	Goal Date	Check Off
K-12	<ul style="list-style-type: none"> Reporting CA EC Sections 49430(f), 49431(b)(1), 49431.2(c)(1), 49431.5(a)(2), 49431.5(c)(2) 5 CCR 15500-15501, 15575, 15578 7 CFR Section 210.11(b), 220.12 SBs 12, 965, 490 	<ul style="list-style-type: none"> It is required to include goals for nutrition promotion. It is required to permit teachers of physical education and school health professionals to participate in the Site Wellness It is required to permit all stakeholders to participate in the implementation, periodic review, monitoring and updating of the Site Wellness Policy LEAs (Local Education Agencies) are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP (Local Wellness Policy). LEAs are required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP (Site Wellness Policy, the extent to which the Site Wellness Policy compares to model District Wellness Policy, and to describe the progress made in attaining goals of Site and District Wellness Policy. 	<ul style="list-style-type: none"> Submit a copy of the school's local Wellness Plan to the District Wellness Committee for yearly review List three ways your school is working to meet local wellness policy goals (e.g., , including local wellness goals in your school improvement plan, meetings of school wellness committee every other month, monitoring foods from home and celebrations) Describe how parents, students, school administration and staff, and the community are involved in the implementation of the site wellness policy at the school. 		<input type="checkbox"/>

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| | | <ul style="list-style-type: none">• LEAs are required to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the LWP. | | | |
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Criteria for Competitive Foods/a La Carte/Snacks/ Student Store Fundraising

	Topic	Goals and Requirements	Action Plan	Goal Date	Check Off
<p>K-12</p>	<ul style="list-style-type: none"> • Title 7, Code of Federal Regulations (<i>7 CFR</i>) sections <i>210.11(b)</i>, <i>210.12</i>, <i>210.2</i> • <i>CA EC</i> Sections <i>48930</i>, <i>49430(f)</i>, <i>49431(b)(1)</i>, <i>49431.2(c)(1)</i>, <i>49431.5(a)(2)</i>, <i>49431.5(c)(2)</i>, <i>48931.7</i>, <i>48934</i>, <i>51520</i>, <i>51521</i> • California Code of Regulations (<i>5 CCR</i>) <i>15500</i>, <i>15501</i>, <i>15575</i>, <i>15578</i> • <i>SBs 12</i>, <i>965</i>, <i>490</i> • <i>LSWP</i> • Selling appropriate items during allowed times of day. • Healthy vending machines in Staff Lounges • Baseline calories for foods must be <i>100</i> calories • Fundraising activities with foods that do not meet the acceptable criteria cannot have any part of the sale happen on campus during the school day. For example: candy sales, the brochures cannot be 	<ul style="list-style-type: none"> • Competitive Foods criteria shall apply to items sold on school grounds or at school activities during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day is defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports and childcare/latchkey programs. They also apply to food supplied by schools during official transportation to and from school and school sponsored activities, including but not limited to field trips and interscholastic sporting events where the school is the visiting team except as specified below. Therefore competitive foods cannot be served ½ hour before school, during school, and one half hour after dismissal, this includes all fund raising Ed Code <i>49431</i> 	<ul style="list-style-type: none"> • School Site administration will hold Staff meetings to discuss criteria for parties, school stores, and vending machines plus possible solutions to items sold. • PROMOTE the consumption of fruits, vegetables, low-fat and fat-free dairy in schools. • CHANGE the products in vending machines to increase healthier options and eliminate all foods not meeting the criteria. • REDUCE the amount of fat, sugar, and sodium that kids consume during the school day. • PROVIDE lower calorie and more nutritious beverage options for children in schools. • TEACH students about appropriate portion sizes during the school day. 		<input type="checkbox"/>

	<p>distributed to the students and the product cannot be handed out on campus at any time during the school day.</p> <ul style="list-style-type: none"> • The governing board shall develop policy and regulations for the sale of food which shall ensure optimum participation in the school district's nonprofit food service programs. Ed Code 48931 • Any food sales conducted outside the district's food services program shall meet nutritional standards specified in law, Board policy and administrative regulations and shall not impair student participation in the district's food service program 	<ul style="list-style-type: none"> • These guidelines do not apply to school sponsored or school related bona fide fundraising activities that take place off of school grounds and not in transit to and from school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately before or after such events. These school related events frequently occur during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, school plays, and band concerts. • All beverages for sale to students outside of the school meals program during the regular and extended school day should meet or exceed the Alliance School Beverage Guidelines. This includes a la carte, vending, snack and other food carts, school store and fundraising items. • Vending machines and the sale of foods for students must comply with criteria for competitive foods as designated below • It is recommended as a best practice that staff lounge vending machines and sales also comply 	<ul style="list-style-type: none"> • All foods and beverages sold in school stores, vending machines, and a la carte lines adhere to strong nutrition standards for all foods in schools. • <i>Title 5</i> Regulations Sections 15575-15578 food and beverage • Sections 15500-15501 additional requirements for student organizations 		
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with the competitive foods guidelines

- Staff are encouraged to model good nutrition and health practices
 - Dried Fruit *0g fat, 0g Sat fat, 0g trans, sugar(exempt), sodium 230 mg*
 - Nuts, nut butters and seeds *Fat/Sat fat (exempt), 0g trans, sugar 35%, sodium 230*
 - Low fat and fat free dairy *Fat 35%, Sat fat 10%, trans 0g, sugar 35%, sodium 480%*
 - Vegetables with sauce *Fat 35%, sat fat 10%, trans 0g, sugar 35%, sodium 480 mg*
 - Snacks *Fat 35%, sat fat 10%, trans 0g, sugar 35%, sodium 230mg*
 - Fruits with nuts (*trail mix*) *Fat (exempt), sat fat 10%, trans 0g, sugar 35%, sodium 230mg*
- Any item that would be considered to be an entrée if sold in the reimbursable meal program, but are sold a la carte as competitive foods, are not allowed.
- Any fruit with no added sweeteners and total fat listed as *0g* on the Nutrition Facts panel, or vegetables that are non-fried are acceptable. Calories for packaged fruits and vegetables are limited to the calorie levels per Elementary *150*, Middle *180*

		<ul style="list-style-type: none"> and 200 calories for High Schools Any reduced-fat or part-skim cheese less than 1.5 oz. is acceptable Any one egg with no added fat or equal amount of egg or egg equivalent with no added fat is an acceptable item to sell. Nuts, nut butters, and seeds are exempt from the calorie limitation Beverages sold to students must meet the beverage standards in the breakfast and lunch criteria 			
Elementary	<ul style="list-style-type: none"> Competitive Foods 	<ul style="list-style-type: none"> 150 calories for all competitive foods 			<input type="checkbox"/>
Middle	<ul style="list-style-type: none"> Competitive Foods 	<ul style="list-style-type: none"> 180 calories for all competitive foods 			<input type="checkbox"/>
High School	<ul style="list-style-type: none"> Competitive Foods 	<ul style="list-style-type: none"> 200 calories for all competitive foods 			<input type="checkbox"/>

Other Criteria for Excellence

	Topics	Goals and Requirements	Action Plan	Goal Date	Check Off
K-12	<ul style="list-style-type: none"> • For all school levels • Bronze • Silver • Gold • Gold Award of Distinction 	<ul style="list-style-type: none"> • Goals are for all grade levels • Must select at least two of the 20 options. • Must select at least four of the 20 options. • Must select at least six of the 20 options. • Must select at least eight of the 20 options. 			<input type="checkbox"/>
Elementary	<ul style="list-style-type: none"> • Program Outreach Excellence • Physical Activity Excellence 	<ul style="list-style-type: none"> • Schools implement innovative practices to increase <i>SBP</i> participation, such as Breakfast in the Classroom • Schools operate an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (<i>CACFP</i>). • Summer Food Service Program is available • School sponsors a non-competitive afterschool physical activity program. • School actively supports and promotes walking or bicycling to and from school. • School offers at least 20 minutes of recess daily before lunch. 			<input type="checkbox"/>
					<input type="checkbox"/>

- Nutrition Education Excellence

- School uses grade appropriate Team Nutrition curricula and lessons to teach nutrition education.
- School has partnered with a chef in the *Chefs Move to Schools* Program.
- School considers using the Healthy Schools Program *ReadB4UEat* Nutrition and Technology Lessons for grades 5 – 7 and the *Care2Eat* Lessons for a Lifetime of Healthy Eating for grades 7 – HS.



- Excellence in School and Community Involvement in Wellness Efforts

- Provides annual training to before and after school program staff on physical activity and nutrition.
- All school staff receives annual training on wellness policies and ways to promote nutrition and physical activity.
- School partners with one or more community groups to promote wellness.
- Students have the opportunity to provide input on school food and physical activity options.
- School informs public on amount of time allotted for lunch. Solicits input from students and community members on the amount of time that is adequate for lunch.



**High
School**

- School Food Service Excellence

School Food Service Manager is a certified food handler (local or national certification).

School has a Farm to School initiative.

- Smarter Lunchroom techniques are used to encourage fruit consumption: Fruit is displayed in two locations, one of which is near the cash register, on all lunch lines. Attractive displays, signage and staff encouragement are used to draw attention to the fruit and encourage children to select them.
- Smarter Lunchroom techniques are used to encourage vegetable consumption: Students are given the opportunity to provide input into vegetable offerings and to identify creative/descriptive names for the offerings. Creative/descriptive names are displayed with vegetables on the lunch line as well as on a poster or menu board outside the school cafeteria.
- When offered, dark-green, red, and orange vegetables and dry beans and peas are displayed first or most prominently among vegetable side dishes on the lunch line
- Smarter Lunchroom techniques are used to encourage



consumption of dry beans and peas: Entrées that include beans or peas are displayed first or most prominently on the lunch line amongst other entrée items on at least 2 days within the 4-week menu cycle submitted. Dry bean and pea entrée items are given creative/descriptive names with student input.

- Grab-and-go reimbursable meal options include dark-green, red and orange vegetables, and/or dry beans and peas at least one day per week.

K-12

- Celebrations and Parties

- School sites should limit celebrations that involve food during the school day to no more than one party per class per month. All items shall meet the criteria for competitive foods
- For food-safety reasons, all items brought from home for class celebrations must be prepared in an approved commercial facility and pre-wrapped.



- Food prepared at home shall not be served in the class.

K-12

- Food Brought from Home

- Students may choose to bring their own lunch to school. In these cases, each school will encourage parents to provide nutritious meals. The



K-12

- Class Parties such as Pizza Parties

district/school will strongly discourage parents from providing or bringing fast foods lunches and non-nutritious foods and beverages to their children for lunch

- Classrooms may decide to provide lunch in their classroom as a celebration, in this situation all children will need to eat free of charge, no child will be required to donate or bring food, the meal will meet the nutritional requirements set forth by *USDA* in the meal pattern and all maximum of calories, protein and bread equivalents will be met
- Nutrition Services will develop a method of obtaining these celebration meals from the school site cafeteria



Student Wellness Legal Reference:

EDUCATION CODE

33350-33352 CDE responsibilities re: physical education
48931 School breakfast and lunch programs
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49430(f),
49431 (b)(1),
49431.2 (c)(1),
49431.5 (a)(2),
49431.5 (c)(2), Competitive Food Regulations for Fundraising Activities
49431.7 Nutrition
49434 Food sales as monitored by Coordinated Review Effort (CRE)
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49570 National School Lunch Act
51210 Course of Study, grades 1-6
51223 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51880-51921 Comprehensive health education

CALIFORNIA STATE BOARD OF EDUCATION

SBs 12, 965,
490 Food and Beverage Restrictions

CALIFORNIA CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs
15575-15578 Food and Beverage Restrictions
51520-51521 School-site sales permission

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program:
1751 Note Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 Foods of Minimal Nutritional Value, National School Lunch Program
220.1-220.21 National School Breakfast Program