
FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. To reinforce the District's nutrition education program, foods available on school premises shall be:

1. Carefully selected so as to contribute to students' nutritional well-being and the prevention of disease.
2. Prepared in ways which will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
3. Served in age-appropriate quantities and at reasonable prices.

Food sold in the Kentfield School District shall, at a minimum, adhere to the nutritional standards specified in Education Code 49431. Foods sold at the schools shall be made available only during prescribed times.

The Principal or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the District's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

The District shall publish its policies and regulations on nutrition. Additional educational information will be posted within all school central eating areas.

The Principal at each school site shall ensure that the sale of all foods on school grounds complies with the following nutritional standards:

1. The only food that may be sold to students at Bacich during the lunch period is food that is sold as a full meal. Snacks, such as fruit, non-fried vegetables, legumes, beverages, dairy products or grain products, if sold as individual food items, may be offered for sale during the morning or afternoon breaks if:
 - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
 - b. Not more than 10 percent of the food item's total calories is from saturated fat.
 - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
 - d. To the extent possible, foods selected for sale within these guidelines will have neither an excessive amount of sodium (>400 mg/serving) nor harmful food additives. Also, to the extent

possible, availability of fresh fruits and/or vegetables and foods with a minimum of trans fats will be encouraged. The attached recommended portion sizes should be used, whenever possible, as guidelines to prevent over-consumption.

2. Snacks* sold to students at Kent Middle School on a regular basis during the morning break and the lunch period, may be offered for sale if:
 - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
 - b. Not more than 10 percent of the food item's total calories is from saturated fat.
 - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
 - d. To the extent possible, foods selected for sale within these guidelines, will have neither an excessive amount of sodium (>400 mg/serving) nor harmful food additives. Also to the extent possible, availability of fresh fruits and/or vegetables and foods with a minimum of trans fats will be encouraged. The attached recommended portion sizes should be used, whenever possible, as guidelines to prevent over-consumption.

* snacks (excluding beverages) are all food items that are not sold as a main lunch item. They include cookies, pastries, dairy items, chips, other grain products, meat products, fruits, vegetables and legumes.

3. Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk (low-fat or nonfat), and 100 percent fruit juices.
4. Regardless of the time of day, the only beverages that may be sold to middle school students are water (plain or sparkling), milk, 100 percent fruit juices, fruit based drinks that are composed of no less than 50 percent fruit juice and that have no added sweeteners, and electrolyte replacements with no more than 42 gms sugar/20oz.

The Board will establish a district Child Nutrition and Physical Activity Advisory Committee to develop school policies on nutrition, healthy attitudes toward eating and physical activity for recommendation to and approval by the Board.

The membership of the district Child Nutrition and Physical Activity Advisory Committee may include, but need not be limited to, the Superintendent or designee, the Principals or designees, PTA representative, Site Council Parent Representative, PE Teacher, school nurse, dietician and health care professional.

Other Food Sales: The sale of foods shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale.

The Principal has the discretion to approve the sales of items that do not conform to the guidelines above on a periodic basis (as a guideline, no more than twice/month) for the school and the proceeds for such sales go directly to the school or a school related organization, such as PTA or Student Council.