

NUTRITION GUIDELINES APPROVED BY THE MILFORD E.V. SCHOOLS' BOARD OF EDUCATION & THE NATIONAL SCHOOL LUNCH PROGRAM FOR USE BY M.E.V.S'S DEPARTMENT OF NUTRITION SERVICES IN THE SCHOOL LUNCH PROGRAM AT ST. COLUMBAN

Lunch:

- No deep fat frying as a method of food preparation.
- During their designated school lunch period all students must have a complete meal (school lunch or packed lunch) before purchasing a la carte snacks or beverages.
- No foods and beverages outside of the school lunch program may be sold at any time on the school campus prior to the start of school and during the school day.
- No vending machines operated outside the program until after the end of the school day.
- A good source of vitamin C offered every day of the week.
- Fresh fruits or raw vegetables offered every day of the week.
- At least five different fruits and five different vegetables offered each week.
- Whole grain foods offered every day of the week.
- Food served in quantities appropriate to the needs of the students at their age level.
- Food preparation methods attempt to lower saturated fat, sodium and sugar, while appealing to students and retaining nutritive quality.
- Food and beverages consumed in the classroom and elsewhere on campus should be in accordance with district nutritional policies and should be of good nutritional content.
- Students and staff are encouraged to eat healthy.

Beverages:

Water

- may contain natural or low-caloric sweeteners
- cannot contain caffeine or a caffeine derivative

Juice

- must contain 100% fruit and/or vegetable juice

Milk

- Fat-free and low-fat (1 percent milk fat) will be offered. Reduced-fat (2 percent or whole milk fat) white milk will be offered in special circumstances, when requested for a student by a parent or physician.

A la carte snacks:

- Snacks must meet a meal component, as defined by the National School Lunch Program, with the exception of those containing dairy products, which do not meet a meal requirement, such as pudding and ice cream, seeds, nuts and nut butters, and Fortune Cookies.
- Snacks cannot contain grams trans-fat.
- Total fat content must be less than or equal to 6 grams of fat, excluding seeds, nuts, and nut butters.
- Calories from sugars, excluding sugars naturally occurring in fruit, dairy or vegetables must be 35 percent or lower of total calories. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100.

Portion Size Restrictions

- Snacks must be limited to age appropriate single-serve portions and will not exceed the serving size of the food served in the National School Lunch Program.
- Beverages containing fruit or vegetable juice will not exceed 12 ounces.