

Local School Wellness Policy

Hillside

Introduction/History

In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children Reauthorization Act (Section 204 of Public law 108-205). As a result of this legislation, all schools participating in the National School Lunch Program were mandated to create local school wellness policies by school year 2006. New provisions were added when Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Section 204 of Public Law 111-296).

Hillside is committed to providing children in each of its programs with an environment that fosters health and wellness. Partnering with the Hillside's IHEALTH program, a committee of professionals in education, physical activity, nutrition, food services, mental health, medicine, behavioral health and family members will have the responsibility for assessing current activities, programs, and policies; identifying specific areas of need; and developing a plan to adopt, implement, monitor, and evaluate the wellness policy. Students will be included as available and appropriate. The Wellness Policy will be compliant with the federal statute requirements and all relevant state and district requirements.

Implementation includes the following components: Nutrition Education and Promotion, Physical Activity Education and Promotion, Nutrition Standards, and Other School Based Activities.

The official in charge of school compliance/oversight for the Hillside Local School Wellness Policy is the Hillside Nutrition Manager, Marian Coon, RD.

Nutrition Education

Currently the prevalence of obesity in children and adolescents is high. This problem is ever-increasing and attempts to solve it are challenging, at best. Agency staff and parents must work on it together. Parents provide both support and environment and the much of the youth's time is spent at school or in the residential setting. Some youth reside in their communities and spend the school day in the campus schools. A healthy living environment for children goes beyond school meals in the dining area. The long-term goal of Hillside is to positively influence the lifelong eating habits and optimized level of wellness of the children we serve.

- Nutrition education is intended for students, parents, staff, and the community.
- Nutrition education provides consistent scientifically-based nutrition messages throughout the school, cafeteria, home, community, and media.
- Nutrition education provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as taste-testings, farm visits, and school gardens.
- Nutrition education offers information to families that encourage them to teach their children about health and nutrition and assists them with nutritious meal planning.
- Nutrition education will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.

Nutrition Promotion

Nutrition promotions are messages targeted to a specific audience to motivate them to take action. Promotions will be incorporated into the daily activities of the child as often as possible.

Nutrition promotion creates environments that inspire healthy nutrition choices. These especially include the living units, classrooms, cafeterias, and certain field trips.

Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.

Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.

Nutrition promotion will also be provided by staff who are knowledgeable and adequately prepared to deliver effective programming.

Physical Activity Education and Promotion

The goal of the inclusion of physical activity is to provide opportunities for every student to develop the knowledge and skills for physical activities to maintain fitness, to participate in daily physical activity, and to comprehend the short and long term benefits of a physically active and healthy lifestyle. *See Appendix A for more detailed description of physical activity guidelines.*

- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- All physical education will be taught by qualified physical education teachers (therapists). Active recreation will be led by program staff who role model and encourage routine physical activity.
- Class teacher to student ratios will be compliant with requirements for programs and special education.
- Student participation in other activities involving physical activity will not be substituted for meeting the physical education requirement.
- Physical activity can be incorporated into other areas of learning, but will not be used as a substitute for meeting the physical education requirements.
- Time designated for physical activity should not be used for the purpose of individual lessons, classes, or therapies.
- When appropriate, physical activity should be encouraged during each student's free time.
- Physical activity will not be a form of reward or punishment.
- Campuses will offer activities that meet the needs, interests, and abilities of all students.
- Each campus will educate and encourage participation in community or club activities, such as the YMCA and Scouts, as appropriate.

Example of Recreation/Physical Activity schedule on School Day

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 am - 12:00 pm	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	Arts & Crafts	Life Skills
12:00 pm - 12:45 pm	LUNCH <i>Transition 12:45pm</i>	LUNCH <i>Transition 12:45pm</i>	LUNCH <i>Transition 12:45pm</i>	LUNCH <i>Transition 12:45pm</i>	LUNCH <i>Transition 12:45pm</i>	LUNCH <i>Transition 12:45 pm</i>	LUNCH <i>Transition 12:45 pm</i>
12:45 pm - 3:00 pm	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	Ice Skating YMCA or 4-Seasons snowtubing	On-campus Recreation & Life Skills/Open gym
3:00 pm - 4:00 pm	Transition & Snack GROUP: <i>Community Meeting</i>	Transition & Snack GROUP: <i>DBT Group</i>	Transition & Snack GROUP: <i>Independent Living Skills</i>	Transition & Snack GROUP: <i>Independent Rec & Leisure Time</i>	Transition & Snack GROUP: <i>Check-in Group Rec Free-time</i>	Transition / Snack & Free-Leisure Time <i>Recreation</i>	Transition / Snack & Playground/Gym/Courtyard
4:00 pm - 5:00 pm	<i>DBT Group</i>	<i>ILS Shopping Unit Activities</i>	<i>ILS Prep-Cooking</i>	<i>Auburn Public Theatre</i>	<i>Teambuilding Activities</i>	<i>ILS Cooking</i>	<i>ILS Cooking</i>
5-6:00pm	DINNER	DINNER	ILS DINNER	DINNER	DINNER	DINNER	ILS DINNER
6-6:30pm	CHORES	CHORES	CHORES	CHORES	CHORES	CHORES	CHORES
6:30 pm - 8:00 pm	<u>Team Building Activity</u> @ 6:00 PM or <i>Swimming @ YMCA 6-7:30 pm</i>	<u>Gym & Playground Courtyard</u> @ 6:30 PM or <i>Shopping @ Marshall's plaza</i>	<u>Teambuilding Gym Activity</u> 6-8:00 pm or <i>Unit Activities Cardio-fitness @ Rec Room</i>	<u>Honors Night</u> <i>Purposeful Activity Clients Choice</i> or <i>Shopping @ mall</i>	<u>Movie On-campus Activity</u> or <i>Unit Activities & Movie in Rec room</i>	<u>Peaceful Communities Incentive Night</u> <i>Client Choice o/c</i> or <i>Movie-Tavern</i>	<u>Life-Skills Group</u> & <i>'Wind Down' Hair, Nails, & Beauty 6-8:00 pm</i>
8:00 pm - 9:00 pm	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes	WIND-DOWN Bedtimes

Nutrition Standards

Nutrition standards component applies to the guidelines to promote student health and reduce childhood obesity for all foods available on each campus. This includes food available at schools, parties and celebrations, and extra foods available in the residential units. Foods of healthy nutritional content, such as fruit, vegetables, whole grain products, low fat dairy foods, plain water, and lean meats will be readily available to each student. See Appendix A for outline of nutrition standards utilized for the school meal and snack programs, as well as youth and staff promotion. *Refer to Appendix A and Appendix B for detailed nutrition description.*

- Breakfast

Schools will operate and adhere to the School Breakfast Program. When possible, staff will encourage students to participate in order to meet their nutritional needs and enhance their ability to learn and function successfully.

- All school meals

School lunches adhere to the standards of the National School Lunch Program. Foods of high nutritional value are first consideration for the menu. Staff will encourage youth to adhere to the menu and, at the very least, try all food items offered. Foods offered will include a variety of fruits and vegetables, whole grain breads, and low-fat and fat-free milk and dairy products. Adequate time for meal completion will be provided. Meals will be served in clean, pleasant environments and will be as palatable and attractively served as possible. Sharing of food between students is discouraged, given concerns about allergies and other diet restrictions. Surveys and taste-tests will be conducted to select menu items that are both healthful and appealing to students. Students will be provided time and access for hand washing prior to and following meals and snacks.

- Summer meals

Summer camp, picnic, field trips, and cookouts will serve nutritious wholesome food obtained from the Hillside Foodservice kitchens.

- Holiday celebrations and other parties

Schools should limit celebrations that involve food during the school day. Cakes that are store-bought or food service provided are provided for birthdays in the living units and healthy additional food items are strongly recommended. Parties should also include foods that meet the Standards for Food, Smart Snacks and Beverages as outlined in this policy. School sponsored events will feature healthy choices of food and beverages.

- Other food

Food other than menu items will not be served at meals and snacks, without prior approval of the Nutrition Staff or other pertinent staff. Food should not be brought from home to share with classmates. All food should be store-bought to ensure food safety and limit occurrences of allergy signs and symptoms. Vending machine purchases are not allowed during breakfast or the school day. No competitive foods will be sold during the school day. Cooking projects should be avoided when possible unless prior approval has been given, other than in a school-based Culinary Arts programs. As an independent living project for teaching culinary skills, there should be a purpose to the instruction and a review of the proposed recipes by a dietitian. Recipes should focus on healthy choices of foods and nutritionally sound cooking techniques. Consideration should also be made for food safety and sanitation procedures.

- Convenient and safe drinking water

Student consumption of safe drinking water is frequently encouraged by staff throughout the day. Water coolers with cups are available in each units and schools, and always available at all meals.

- Rewards and Consequences

Food will not be used as a reward for good behavior or achievement. It will also not be withheld as a consequence for inappropriate behavior or academic performance. Candy drawers in the classroom, used as a means of reward, are discouraged.

Other School Based Activities

Each campus will foster an environment that provides consistent messages of wellness through healthy food consumption and physical activity and that will, in turn, form healthy lifelong habits for students, staff, and the milieu.

- Incorporating physical activity into the classroom and the living unit

Additional physical activity will be incorporated into the daily curriculum as often as possible. Unit staff will be encouraged to participate in extracurricular physical activities with students, as a group and as one-on-one activities.

- Food marketing

Food marketing in schools should be consistent with nutrition education and health promotion. Marketing should be limited to the promotion of only those foods and beverages that meet the agency nutrition standards for meals or food and beverages offered separately. Food and beverages of minimal nutrition will not be marketed. Marketing activities that exemplify wellness, nutrition, and overall physical well-being will be promoted.

- Staff wellness

Staff will be encouraged to participate in a Hillside wellness program, such as IHEALTH. Periodically, events such as wellness fairs, the Corporate Challenge, and IHEALTH sponsored events will be offered and staff will be encouraged to participate in a non-competitive manner with youth. These programs serve to raise staff awareness regarding healthy food choices and the importance of physical activity. Benefits will be offered for health club reimbursement, health risk questionnaire incentive, and smoking cessation among many other wellness-related resources. As role models, staff will also be encouraged to make healthy food choices and participate in physical activity each day. Food of minimal nutritional value brought in by staff will be strongly discouraged or prohibited. Eating foods which are highly desirable to youth but offer limited healthy nutrition (“fast foods”) should be eaten away from youth. These foods should not be shared with the youth.

Implementation and Policy Review

Implementation of the wellness policies will affect and improve four areas: a high quality health promotion program for school staff, a high quality course of study in health and wellness education, a high quality course of study in physical education, and a quality school meals program.

The wellness policy will be reviewed every three years to monitor effectiveness and determine areas in need of improvement. If necessary, wellness policies will be revised and work plans developed to facilitate their implementation.

School staff, unit staff, and the campuses will be made aware of the wellness policy through means of communication such as the agency home page and the training institute. Goals of the wellness policy will be incorporated into required staff trainings. The IHEALTH committees will adopt the wellness policy goals and assist with implementation.

References

School Wellness Policy, Iowa Association of School Boards, www.actionforhealthykids.org

School Nutrition Association School Wellness Policies, www.schoolnutrition.org

USDA and TEAM Nutrition School Wellness Policies, www.fns.usda.gov

Model Wellness Policy, South Dakota Department of Education, www.doe.sd.gov

Policy in Action, A Guide to Implementing Your Local School Wellness Policy, Project Lean, University of California Berkeley, www.CaliforniaProjectLEAN.org

Wellness Policy, Fairport, New York, www.fairport.org

Local School Wellness Policy, Centers for Disease Control and Prevention, www.cdc.gov

Connecticut's Action Guide for School Nutrition and Physical Activity Policies, www.sde.ct.gov

USDA Team Nutrition Guide to Smart Snacks in School, <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>

Appendix A

Hillside IHEALTH Program

Improving Healthy Eating and Activity Lifestyles Throughout Hillside

It has been nationally recognized that America's youth are becoming heavier, to a point where the presence of obesity is affecting their lives in a negative way. Wellness initiatives have been developed to address the health and wellness of American youth. To that end, it is important that Hillside provide optimal care for the children and youth in its care through an agency-wide wellness initiative, to see that our children and youth are allowed adequate opportunity for healthy eating and physical activity. It will take the efforts of all Hillside stakeholders to embrace an agency-wide philosophy that supports a program focused on healthy eating and physical activity. The following concepts are proposed:

Key federal guidelines for healthy living that are guiding principles for Hillside

1. National programs

a. Healthy Living

(<https://www.hhs.gov/programs/prevention-and-wellness/healthy-lifestyle/index.html>)

b. American Academy of Pediatrics: Healthy Living

(<http://www.healthychildren.org/English/healthy-living/nutrition/pages/Healthy-Active-Living-for-Families.aspx?nfstatus=401&nftoken=00000000-00>)

2. Principles Identified through federal programs: "5 2 1 0"

- 5 Eat at least 5 fruits and vegetables every day
- 2 Limit screen time (for example, TV, video games, computer) to 2 hours or less per day
- 1 Get 1 hour or more of physical activity every day
- 0 Drink fewer sugar-sweetened drinks, try water and low-fat milk instead.

3. Smart Snacks in School

[Smart Snacks in School | Food and Nutrition Service \(usda.gov\)](#)

Adapting Guidelines for use in a Residential Treatment Setting

These guidelines are written for use in the home setting. Residential treatment settings such as Hillside present unique challenges to attaining the four identified principles. The principles are something we can strive to achieve, while acknowledging limitations that exist which may inhibit 100% achievement. It will be a continuous work in progress to move closer to these principles by adopting as many of the below-outlined guidelines as possible to promote health and wellness throughout our organization. Our level of success will depend on the collective efforts of all staff to promote these principles.

GUIDING PRINCIPLES – Nutrition and Physical Activity

A. Nutrition – These principles will be achieved by the Nutrition and Food Service Department

1. Message: Eat at least 5 fruits and vegetables each day

- The Hillside menu provides these portions at meals and snacks
- All Staff: Encourage children and youth to try eating their servings of fruit and vegetables at each meal and snack.

2. Follow established portion guidelines on the Hillside-wide Menus: Menu design and food portioning follow the National School Lunch and School Breakfast requirements. Guidelines are consistent with the Required Meal Pattern for

reimbursable meals and the Dietary Guidelines for Americans. Portions vary based on age-specific menus:

Portions of Food Groups by Meal				
	Breakfast	Lunch	Supper	Snacks (3pm and 8 pm)
Milk	1 cup	1 cup	1 cup	Up to 1 cup
Meat/meat alternative	Up to 1 oz, 2 Tbsp PB, or 1 egg	1-2 oz equivalent	2-4 ounce equivalent	1 oz, or 2 Tbsp PB
Vegetable and Fruit	½ cup Juice 1/2 cup Fruit or 1 fresh fruit	½ to 1 cup	½ to 1 cup	1/2 cup
Grains	1-2 servings	1-2 servings per day	1-2 servings per day	1 serving
Other				Choose two of the four above components

- Water or flavored waters shall not contain added sugar, artificial sweeteners or caffeine. Juice must contain at least 100% juice.
3. **Cereals:** will also use the Smart Snack guidelines (above) for cereals.
 4. **Desserts:** these foods follow the Smart Snack in School guidelines but will be put on the menu no more than 3 times per week. Because we feel it is important to include desserts on our menus for Hillside children/youth, we did not adopt a standard for the nutrition content. Limiting the frequency of these foods is what is important.
 5. Hillside’s Nutrition & Food Services Dept. will meet these following guidelines for lunch:
 - Vary **vegetables** throughout the week. Of these:
 - **Dark green** will be offered at least once, as will **Red/Orange, Starchy** and **Other** vegetables. Examples of these are found at www.choosemyplate.gov
 - **Beans or peas (legumes)** will be offered at least once (includes canned dry beans and peas).
 - Different **fruits** will be served throughout the week (fresh, canned/cups, dried and/or 100% juice).
 - Dried fruit will not have added sweetener
 - Canned fruit/fruit cups will be packed in juice, water or extra-light syrup.
 - 100% **fruit juice** will be offered once daily in a ½ cup portion (at breakfast).
 - **Whole-grain rich food servings:**
 - Most grains will be whole-grain or whole-grain rich, and will be offered at each meal, and some snacks
 - Grains include breads, cereals, crackers, rolls, breakfast items such as pancakes and waffles, muffins, tortillas and rice. Pasta may not be whole-grain.
 - Only low-fat (1%) and fat-free **fluid milk**, flavored or unflavored, will be offered each day at breakfast, lunch and supper.
 6. **Supper Portions:** Our standards for supper will be similar to what we use for lunch with slightly larger portion on some days. However, there will be a little more variety at supper to add occasional desserts and variety that is not offered at lunch.

7. Sweetened Beverages vs. Water: It is a Hillside Nutrition & Food Services policy that water should be easily accessible at all times and consumption is encouraged. A water pitcher should be available in the dining room at each meal. Soda should be allowed on a limited basis, only after the school day or afternoons on non-school days. Caffeinated coffee, tea and other caffeinated beverages are offered on a very limited basis to children and youth as ordered by the medical staff, and may be in coordination with the dietitian, as staff should be alerted to possible caffeine/medication interactions.

8. Beverages offered on the menu and at snacks:

- 1% low fat milks, including 1% low fat flavored milk are acceptable and will be offered
- Juices must be 100% juice and offered only at breakfast.

Smart Snacks Standards for foods

Adapted from [A Guide to Smart Snacks in School \(azureedge.us\)](http://azureedge.us)

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

B. Physical Activity – These principles can be achieved by the Recreation, Physical Education and all Direct-care Staff

Overall programming will strive to provide each youth access to one hour of recreational and/or physical activity each day.

(adapted from a Report from the Surgeon General, US Dept of Health and Human Services, Centers for Disease Control and Prevention, ([Adolescents and Young Adults | Surgeon General Report | CDC](#)))

1. Children/youth, both male and female, benefit from physical activity.
2. Physical activity need not be strenuous to be beneficial.
3. Moderate amounts of daily physical activity are recommended for people of all ages. This amount can be obtained in longer sessions of moderately intense activities, such as brisk walking for 30 minutes, or in shorter sessions of more intense activities, such as jogging or playing basketball for 15-20 minutes.
4. Greater amounts of physical activity are even more beneficial, up to a point. Excessive amounts of physical activity can lead to injuries, menstrual abnormalities, and bone weakening.
5. Create opportunities for activities that are enjoyable, that promote children's/youth's confidence in their ability to be physically active, and that involve friends, peers and other staff or role models.
6. Provide a range of extracurricular programs to meet the needs and interests of specific children/youth, such as racial and ethnic minority groups, and persons with disabilities.
7. Routinely talk with Hillside children and youth about the importance of incorporating physical activity into their lives. Physical Activity is beneficial because it:
 - Helps build and maintain healthy bones, muscles, and joints.
 - Helps control weight, build lean muscle, and reduce fat.
 - Prevents or delays the development of high blood pressure and helps reduce blood pressure in some children/youth.
 - Helps to improve mood
8. Strive to have children and youth keep screen time (TV, video games, computer) to a maximum of 2 hours each day outside of school time. There will be days when they will want to watch a movie or activities in their unit leads to increased access to screen time, but on most days, strive for keeping screen time at two hours. These two hours do not include time that is spent at school using screen time for school activities.
9. Strive to have children and youth get 1 hour or more of physical activity each day preferably, or at least on most days
 - When school is in session (weekdays during the school year)
 - Active play for 60 minutes each day: this can be 30 minutes while the child/youth has Physical Education class in school and 30 minutes outside of school OR 60 minutes of active play outside of school if the child/youth does not participate in Physical Education classes.
 - Physical activity in Physical Education class for 30 minutes each day
 - Activity can be divided into smaller time units. Even 10-minute bouts of activity count toward your total goal.
 - When school is not in session (vacations, weekends, holidays)
 - 60 minutes of active play or physical activity each day. Again, activity can be divided into smaller time units (10-15 minute activity at one time)

Be a Healthy Role Model for Children – For All Staff working with Hillside Children and Youth:

(Adapted from the United States Department of Agriculture, Center for Nutrition Policy and Promotion Tips for Setting Good Examples for children : <http://www.mypyramid.gov/downloads/TenTips/RoleModelTipsheet.pdf>)

Staff have an important influence on the youth and children served at Hillside. You can do many things to help children develop healthy eating habits for life. Offering a variety of foods helps children/youth get the nutrients they need from every food group. They will also be more likely to try new foods and like more foods. When children develop a taste for many types of foods, it's easier to sit down and enjoy meals.

Activities to Role Model Healthy Behaviors	How Staff Behaviors Affect Children
1. Show by Example	Eat fruits, vegetables, and whole grains with meals or as snacks. Let children see that you like to eat a variety of fruits and vegetables. If eating foods brought from home, steer clear of bringing in highly desirable foods that children do not routinely have access to such as fast foods (McDonalds, Burger King, Subway, etc.), pizza, Hot Pockets, potato chips, and pop.
2. Offer the Same Foods for Everyone	Do not be a short-order cook by making different dishes to please children. Encourage children/youth to try the foods provided on the menu. It becomes easier at mealtime when everyone eats the same food. Children with alternate meal plans will require slightly different foods to be served on some meals.
3. Reward with Attention, Not Food	Show your confidence in children with words and actions. Choose not to offer sweets as rewards. It lets the children/youth think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need 'extras' – such as candy or cookies – as replacement foods.
4. Focus on Each Other at the Table	Talk about fun and happy things at mealtime. Try to make meals a stress-free time.
5. Strive for recreational programming that includes reduced screen time of less than 2 hours each day	Encourage using TV/computer/electronics for a maximum of 2 hours each day, as recommended by the American Academy of Pediatrics. This does not include time that children spend at school using screen time for educational purposes. Get up and move during commercials. Get some physical activity and avoid the marketing.
6. <u>Encourage Physical Activity</u> Strive to have children and youth get 1 hour or more of physical activity each day preferably, or at least on most days	Make physical activity fun for the whole group. Involve children/youth in the planning. Walk, run, and non-competitive play with the children/youth – instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.
7. Be a Good Food Role Model	Try new foods yourself. Describe its taste, texture, and smell. Offer new foods at the beginning of a meal, when the child is hungry. Avoid lecturing or forcing children and youth to eat.

Appendix B

Meal Requirements for Breakfast and Lunch

What must be Offered at each meal

(We must have enough of each of the following for every youth who is served for each meal)

Component	BREAKFAST		LUNCH	
	12 yrs & Younger Portion	13 yrs + Portion	12 yrs & Younger Portion	13 yrs + Portion
Meat/Meat Alternate	Added only after 11 grains are listed on a weekly menu	Added only after 13 grains are listed on a weekly menu	1 ounce (13 ounces weekly)	2 ounces (14 ounces weekly)
Grain	1 minimum (11 grains weekly protein can count as 1 after 7 svg/wk))	1 minimum (13 grains weekly protein can count as 1 after 7 svg/wk)	1 minimum (11 grains weekly - protein can count as 1 after 7 svg/wk))	2 minimum (14 grains weekly – protein can count as 1 after 7 svg/wk)
Fruit	½ Juice <u>and</u> 1 fruit (½ c or 1 whole piece)	½ Juice <u>and</u> 1 fruit (½ c or 1 whole piece)	½ cup	1 cup
Vegetable	N/A	N/A	¾ cup	1 cup
Milk	8 oz	8 oz	8 oz	8 oz

What must be Taken for meal to be counted as reimbursable:

Component	BREAKFAST		LUNCH	
	<i>Students may decline 1 component that is listed on the menu</i>		<i>Must take at least 3 of 5 components that are listed on the menu</i>	
	12 yrs & Younger Portion	13 yrs + Portion	12 yrs & Younger Portion	13 yrs + Portion
Meat/Meat Alternate				
Grain				
Fruit **	Must take fruit component	Must take fruit component	Must take at least ½ cup of Fruit or Vegetable	Must take at least ½ cup of Fruit or Vegetable
Vegetable **	N/A	N/A		
Milk				

** Fruit & Vegetable may be served in ½ cup portions to those who choose to only take a ½ cup @ lunch.

Summary for Staff

In order for a meal to be counted as reimbursable:

1. At Breakfast

- a. All youth must take one of the fruits that are listed on the menu
- b. All youth can decline to have one of the foods that are listed on the menu

2. At Lunch

- a. All youth must take at least a ½ cup of Fruit or Vegetable
- b. All youth must take at least 3 of the five main components that are listed on the menu (condiments, soups and small packages of crackers or pretzels do not count as a main component)