

Sacramento City USD

Administrative Regulation

AR 3550

Business and Noninstructional Operations

Food Service/Child Nutrition Program

Posting Requirements

Each 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

1. All meals served and all individual items for sale shall meet the following standards:
 - a. Total calories from fat shall not exceed 35 percent per food item, excluding nuts or seeds
 - b. Total calories from saturated fat shall not exceed 10 percent per food item
 - c. Total sugar by weight shall not exceed 35 percent per food item, excluding fruits or vegetables
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1a-c above.
3. Ensure portion sizes of entrees and side dishes offered for sale meet National School Lunch and School Breakfast guidelines.
4. The approved list of beverages sold at schools include:
 - a. Water
 - b. Milk
 - (1) Not to exceed 1% fat except in special childcare programs.
 - c. Fruit & Vegetable Juice
 - (1) 50%-100% strength fruit and/or vegetable juice

(2) Not to exceed 12-ounce servings

(3) No added sweetener

d. Electrolyte replacement beverages shall also meet these nutritional standards:

(1) Not to exceed 42 grams of added sweetener

(2) Not to exceed 20-ounce servings

Child Nutrition and Physical Activity Advisory Committee

The membership of the Child Nutrition and Physical Activity Advisory Committee shall include, but need not be limited to, Governing Board members, school administrators, food service directors, food service staff, other staff, parents/guardians, students, physical and health education teachers, dietitians, health care professionals and interested community members. (Education Code 49433)

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)

(cf. 1220 - Citizen Advisory Committees)

1. Implementing the nutritional standards set forth by the Child Nutrition and Physical Activity Advisory Committee (CN/PAAC)

2. Encouraging fund-raisers that promote good health habits and discouraging fund-raisers that promote unhealthy foods

3. Ensuring that all students enrolled at Sacramento City Unified School District will have access to school nutrition programs

4. Maintain nutritional standards

5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold

6. Ensuring, to the extent possible, that the food served is fresh

7. Encouraging eligible students to participate in the school lunch program

(cf. 3533 - Free and Reduced Price Meals)

8. Promoting nutrition and physical activity into the overall curriculum

9. Ensuring regular professional development for food service staff
10. Promoting that students have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided
11. Ensuring students engage in healthful levels of vigorous physical activity
12. Promoting that students receive nutrition education
13. Promoting the quality of physical education curricula and increasing training of physical education teachers
14. Encouraging existing physical education requirements
15. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy foods
16. Developing a financing plan to implement the policies
17. Promoting the availability of organic fruits and vegetables and school gardens
18. Collaborating with local farmers' markets
19. Surveying student preferences in planning meals and snacks.
20. Ensuring student representation on the Child Nutrition and Physical Activity Advisory Committee (CN/PAAC)
21. The Food Service Director shall convene the Child Nutrition and Physical Advisory Committee at least bi-annually.
22. Ensuring the use of California grown fruits and vegetables to the extent feasible.

In developing the policy(ies), the committee shall hold at least one public hearing.
(Education Code 49433)

Regulation SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
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