

# NUTRITION AND HEALTH

## SCHOOL NUTRITION AND LUNCH PROGRAM

It is the mission of St. Paul Cathedral School to ensure that all students receive healthy and nutritious meals daily to ensure that all students can achieve academic success. We aim to provide students with healthy food choices to help promote lifelong healthy eating and habits.

The food and beverage options offered are well balanced and meet all dietary recommendations of the United States Government Nutrition Standards. Each meal will consist of a main course protein, fruits, vegetable, whole grains, wheat and nonfat or low fat dairy product. We have added a salad bar option to help increase the nutritional environment at our school. The salad bar offers the students a good healthy option and they are allowed to choose from fresh veggies, protein or protein alternative, grains and fruit. The school also provides an after school snack for children attending the after school enrichment childcare program (BASE). The snack follows US Government Nutrition Standards.

The school also provides fresh drinking water and cups during all meal periods to help promote hydration in students. This is available in the cafeteria to all students free of charge.

The lunch menu will be posted monthly in the school newsletter and on the school website. Lunch prices for the 2016-2017 school year are:

Pre K-5 <sup>th</sup> grade:	\$3.25
Middle School:	\$3.50
Adults:	\$3.50
Milk:	\$ .50

## **NUTRITION AND PHYSICAL EDUCATION**

Some of the benefits of healthy eating help promote optimal growth and development of children. Healthy eating habits help prevent high cholesterol and high blood pressure, and help reduce the risk of developing chronic diseases such as cardiovascular disease, cancer and diabetes. Healthy eating habits also help reduce one's risk of developing obesity, osteoporosis, iron deficiency and help with good oral health.

For this reason our school and our kitchen staff are committed to help provide the students with proper meals and nutritional information. They will ensure that all children are having healthy meals while at school. Staff will monitor all meal periods to make sure that students are eating their protein rich foods prior to having any sweets or desserts. They will talk with children about their lunches and make sure they know and understand what nutritional value is in their food. The school has a strict no soda pop rule. This will not be allowed to be brought from home in student's lunches.

As a part of St. Paul Cathedral School, students are encouraged to participate in a wide variety of health and fitness activities that foster good health.

Health education is integrated into math and science curriculums at elementary grades and is provided in middle school health classes. Human growth and development curriculums provided at elementary and middle school levels.

The students are provided equitable opportunities for physical and fitness education in our school. The school shall require students in grades one (1) through five (5) to engage in fitness education averaging sixty (60) minutes per week. All middle school students are required to complete one hundred and thirty (130) minutes in a combination of fitness, health and nutrition classes.

## **OTHER NUTRITION RULES AND GUIDELINES**

### **FOOD ALLERGIES AND SPECIAL NEEDS**

Food provided by the school will be peanut and tree nut free because these are the most common food allergies. Parents are asked not to bring snacks, fundraising food or rewards that contain these ingredients.

### **FOOD IN THE CLASSROOMS**

Teachers should be consulted before any food items are brought into the classroom. If food is to be brought into the classroom for celebration, fundraiser, reward or snack it is suggested that a healthy food choice is provided. Please take into consideration any food allergies in a child's class and provide something that would be suitable for all students.

### **VENDING MACHINES**

Located inside of the school building are **NOT** for student use during the school day. Students **CAN NOT** access the vending machines to purchase items during school hours.

### **STUDEN LUNCH ACCOUNTS**

Each student is assigned an individual lunch account. Meals purchased are tracked and charged in the **School Bucks** lunch system. Lunch payments are accepted in the office. Money cannot and will not be accepted in the lunch line. Meals can e prepaid with debit/credit cards on the students **School Bucks** account, via <https://www.mySchoolBucks.com> and accounts must be kept at a positive balance in order for the student to purchase their meals. Negative balance e-mails and letters are placed every month in each students records. If payment of previous charges and additional funds are not placed in a student's account after three (3) days, the cook/kitchen manager will refer the matter to the Principal and Accounting Coordinator.

**TRANSCRIPTS WILL NOT BE RELEASED UNTIL NEGATIVE BALANCES ARE PAID IN FULL.**

### **FREE AND REDUCED COST MEALS**

The free and reduced application for government assistance are available in the school office. Upon completing the application please turn it in to the office. Parents will be notified of the results of the application. **ALL INFORMATION WILL BE MAINTAINED CONFIDENTIAL.**

