

Federal Nutrition Guidelines

IMPORTANT FYI FOR PARENTS/GUARDIANS

- Classes are not allowed to skip the school lunch program in place of a party or celebration.
- No food rewards, parties or celebrations can take place 30 minutes before, during or 30 minutes after their scheduled lunch period. (So, if student has lunch from 11:00-11:30, additional food of any kind may not be provided from 10:30-12:00.)
- Class parties: There may only be ONE item that does NOT meet the federal guidelines. (You may have pizza as your one non-complying choice - unless it is served low fat and on the approved list. All others items must be approved items, such as pretzels, granola bars, reduced fat Animal-shaped cookies, fresh fruit, vegetables, 100% juice, milk or water. Please see list on back to locate approved items).
- In classrooms where parents provide snacks for the ENTIRE class (CD & K), please send in snacks that have been found acceptable in meeting the guidelines. Food/snacks cannot be served to the whole class that does not meet guidelines.
- Students with either a very early or very late lunch time: Teachers may choose to allow students to bring an "optional" snack. This snack is for the individual only. Please choose a healthy snack listed on the back.
- Students who bring lunchboxes from home may not share their home lunch with other students.
- Incentive programs that reward with food (Food Certificates, Merit Roll, etc) are exempt because they happen outside of the school day.

