

**Las Cruces
Public Schools**

Regulation JJJ-R

Related Entries: JJJ, EFE, EFE-R
Responsible Office: Deputy Superintendent of Operations

STUDENT NUTRITION

I. PURPOSE

- A. This regulation establishes the parameters for providing a positive nutrition environment for students.

II. DEFINITIONS

1. *“A la carte” means* individually priced food items sold to students by the LCPS Nutrition Services Department.
2. *“Classroom Foods” means* food and beverages provided but not sold to students during the school day (classroom parties, snacks brought from home to share in the classroom, or other foods given as an incentive).
3. *“Fundraising” means* beverage or food products sold to raise money that are not sold in vending machines, a la carte sales, or part of the USDA school meal programs.
4. *“Normal school hours” means* from midnight before a school day to 30 minutes after the end of the official school day, as defined by the USDA.
5. *“Smart Snacks” means* snacks that meet specific nutrition standards for calories, fat, sugar and sodium defined by the United States Department of Agriculture. All foods sold during the school day to students, other than foods provided as part of the school meals program, are required to meet Smart Snacks standards.
6. *“USDA” means* the United States Department of Agriculture which monitors the National School Lunch Program, the Breakfast Program, and After-School Snack Program.
7. *“Vending” means* beverages and food products sold in vending machines to students in schools.

III. GUIDELINES

- A. School Meals
 1. Breakfast and lunch shall be offered on a daily basis to all students at all campuses.

2. Breakfast is offered in the cafeteria, in the classroom or “on the go.”
3. Menus shall be created with input from students and staff.
4. Menus shall be nutritionally analyzed by a registered dietitian to ensure that they comply with USDA guidelines.
 - a. Breakfast will provide one-fourth (1/4) and lunch will provide one-third (1/3) of the daily caloric needs (based on age) with the calories from saturated fat below 10% and containing no trans fats. These meals shall also meet a sodium restriction which is age-based and is set by the USDA.
 - b. All grain products served are whole grain.
 - c. Breakfast includes milk, fruit, and grain products at levels required by USDA.
 - d. Lunch shall include milk, fruit, vegetables, grains, and protein products at levels required by USDA. A variety of vegetables must be served and must include some from these categories: dark green, red/orange, legumes, and starchy.
 - e. All meals shall be analyzed to ensure that they meet these USDA guidelines.
 - f. To support the Dietary Guidelines for Americans, Las Cruces Public Schools promotes fresh fruits and vegetables as well as whole grains. Salad bars are used in all schools to encourage the selection of vegetables by students.

B. Dietary Restrictions

1. The district accommodates special dietary needs for students with disabilities that restrict their diets. In addition, the district will attempt to accommodate special dietary needs requested by a qualified health professional for students without an identified disability. Such determinations are made on a case-by-case basis.
2. Specific diet requests based on religious or philosophical viewpoints must be requested in writing by a parent/guardian to the Nutrition Services Director.
3. Policy and Regulation EFAB provides specific directions for modifying diets for students with food allergies and intolerances.

4. Parents/guardians of children with diabetes should contact their school nurse for assistance and/or discussing dietary needs.

C. A La Carte

1. The LCPS Nutrition Services Department is authorized to sell a la carte food items. No other group or organization is authorized to sell food or beverages during the lunch period.
2. LCPS will follow the USDA regulations known as Smart Snacks and the Public Education Department guidelines for a la carte sales which are **shown on the grid listed below this Regulation (JJJ-R ADDENDUM)** and set forth in NMAC 6.12.5.8.

D. Eating Environment

1. Schools shall provide adequate time for students to eat meals. A minimum of 10 minutes for breakfast and 30 minutes for lunch, excluding lunch recess (NMAC 6.29.1.9-1).
2. School class times and bus schedules shall ensure that all students have daily access to school meals.
3. Dining areas will be attractive and have enough space for seating, based on the number of children that the Principal has determined may fit comfortably at the same time. This space should not be used for storage of excess furniture and other items. The cafeteria schedule shall be arranged so that students spend a minimal amount of time waiting in line.
4. One or more water fountains shall be accessible to students at meal time. If none are available, water will be made available during meal time by another method.
5. Elementary schools shall schedule recess before lunch.
6. School staff responsible for supervising meal periods shall model proper conduct, voice level, and healthy eating habits. Staff will be trained in management of the dining room, how to interact with students, and methods to encourage eating.

E. Classroom Food

1. All foods and beverages used in the instructional process for students, brought for classroom parties, classroom snacks brought by parents for sharing, or other foods given as incentives must meet guidelines described as follows: at least 50% of the foods served

must be healthy as defined by Smart Snacks guidelines shown on the attached grid. Beverages must be 100% compliant as defined by Smart Snacks.

2. Snacking in the classroom should be kept to a minimum in order to discourage continuous eating. As an alternative, elementary schools are encouraged to apply for the USDA Fresh Fruit and Vegetable Program (FF&V). This program provides a serving of fresh fruit or vegetable each day to be served as a snack in the classroom.
3. Strong consideration shall be given to non-food items as part of any teacher-to-student incentive or awards program. In addition, consideration shall be given to limiting the number of classroom parties. Activity parties in lieu of food parties are recommended. When a district PO is being used, evidence of healthy options must be indicated. A list of suggested healthy classroom snacks shall be available on the LCPS website.
4. Adults should model healthy eating behaviors in order to encourage healthy eating practices by students. This practice includes being mindful of the foods consumed or shared by teachers in the classroom. One free adult breakfast shall be provided for any classroom that participates in the “breakfast in the classroom” option so that role modeling can occur.

F. Vending

1. Rules for all foods and beverages sold in vending machines on school campuses to students are specified in Policy EFE Competitive Food Sales and Vending Machines.
2. Questions concerning vending contracts with LCPS shall be directed to the LCPS Purchasing Department.

G. Fundraising Using Food Sales During School Hours

Rules for all foods and beverages sold as fundraisers during school hours are specified in Policy EFE, Competitive Food Sales and Vending Machines.

H. Fundraising Using Food Before and After School Hours

Rules for all foods and beverages sold a fundraiser before or after school hours are specified in Policy EFE Competitive Food Sales and Vending

Machines. These rules apply to any fundraiser that benefits LCPS schools regardless of whether it takes place on school property or not (includes door-to-door sales, pancake breakfasts, etc.).

I. Food Service Operations

1. School nutrition staff attend two in-service training sessions per year provided by the district. These training days exceed the minimum six hour of annual continuing education/training set by USDA for school nutrition staff.
2. All schools follow HACCP guidelines. HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product. LCPS requests two food safety inspections per year from the NM Environment Department. All schools will cooperate with these food safety inspections and post the results of all inspections.

III. REVIEW

This regulation shall be reviewed on an ongoing basis in accordance with the Board of Education policy review process.



*Approved, Gabe Jacquez
Deputy Superintendent*

*September 17, 2017
Date Approved*

History: *New Regulation 04.29.90; Revised 04.12.17; Revised 09.17.17*

Legal Reference: *Section 204 of Public Law 108-265 of Child Nutrition and WIC Reauthorization Act of 2004; 6.12.5 Nutrition: Competitive Food Sales NMAC*

ADDENDUM

Food Sale Rule Grid

This Rule applies to food or beverages sold at school other than served as part of the United State Department of Agriculture school meals program. This includes any item sold in vending machines, a la carte, or through other school fundraising efforts during the normal school hours and outside the normal school hours.

Vended Beverages and Foods are defined as any beverage or food product sold in vending machines to students in schools.

“Fundraising During Normal School Hours” is defined as any food or beverage sold on school premises during the time period from midnight until 30 minutes after the end-of-day school bell.

The “Fundraising Outside of Normal School Hours” rule refers to foods or beverages sold on school or district premises, and as fundraisers in the name of the school or district including enchilada suppers, door to door sales, etc. not during normal school hours. It includes all sales commencing 30 minutes following the end-of-day bell until midnight and all day on weekends. Fifty percent (50%) of the offerings or choices of foods and beverages sold outside of normal school hours must meet the Smart Snacks guidelines outlined in this grid for allowable foods and beverages during school hours.

Beverages in Vending Machines or Sold During Normal School Hours

Elementary	Middle	High
<p>Allowed after the last lunch period:</p> <p><u>Maximum 8 oz portion</u></p> <p>Water (with or without carbonation) *</p> <p>Unflavored low fat milk</p> <p>Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</p> <p>100% fruit or vegetable juice</p> <p>100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners</p>	<p>Allowed any time except lunch period:</p> <p><u>Maximum 12 oz portion</u></p> <p>Water (with or without carbonation) *</p> <p>Unflavored low fat milk</p> <p>Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</p> <p>100% fruit or vegetable juice</p> <p>100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners</p>	<p>Allowed any time except lunch period:</p> <p><u>Maximum 12 oz portion</u></p> <p>Water (with or without carbonation) *</p> <p>Unflavored low fat milk</p> <p>Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP</p> <p>100% fruit or vegetable juice</p> <p>100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners</p> <p><u>Allowed after the end of the last lunch period:</u></p> <p>No more than 12 oz portion of: Beverages with < 40 calories/ 8 oz or , 60 calories/ 12 oz</p> <p>No more than 20 oz portion of: calorie-free, flavored water (with or without carbonation) Other flavored or unflavored beverages that contain , 5 calories/ 8 oz or , 10 calories/ 12 oz</p>

Note: * The portion size does not apply to plain water

Foods Vended or Sold on School Premises during Normal School Hours (midnight before to 30 minutes after the end of day bell) as per USDA’s Smart Snacks rule.

Elementary	Middle	High
<p><u>None</u></p>	<p>Allowed after the last lunch period:</p> <p><u>Any food must:</u></p> <p>Be a “whole grain-rich” grain product, or</p> <p>Have as the 1st ingredient a fruit, vegetable, a dairy product, or a protein food or</p> <p>Be a combination food that contains at least ¼ cup of fruit and/or vegetable or</p> <p><u>AND</u></p> <p>Meet these nutrient requirements:</p> <p>Calories: Snack < 200 Entrée < 350</p> <p>Sodium: Snack < 200 mg Entrée < 480</p> <p>Fat: Total < 35% of calories Saturated < 10% of calories Trans 0 gm</p> <p>Sugar: <35% of total weight from sugar</p>	<p>Allowed except during lunch period:</p> <p><u>Any food must:</u></p> <p>Be a “whole grain-rich” grain product, or</p> <p>Have as the 1st ingredient a fruit, vegetable, a dairy product, or a protein food or</p> <p>Be a combination food that contains at least ¼ cup of fruit and/or vegetable or</p> <p><u>AND</u></p> <p>Meet these nutrient requirements:</p> <p>Calories: Snack < 200 Entrée < 350</p> <p>Sodium: Snack < 200 mg Entrée < 480</p> <p>Fat: Total < 35% of calories Saturated < 10% of calories Trans 0 gm</p> <p>Sugar: <35% of total weight from sugar</p>

A La Carte (beverages or food products sold in schools to students during the lunch period by the Nutrition Services Department that is not part of the United States Department of Agriculture school meals programs)

Food products sold in the schools during the lunch period as a la carte must meet the following guidelines:

- All beverages and foods listed in the grid and
- Entrée’s from the reimbursable meals can be sold the day they are served and the following day.