



# Nutritional Guidelines for Foods at El Sol

El Sol Science and Arts Academy acknowledges the need to provide healthy food to grow strong bodies and minds and to promote academic success.

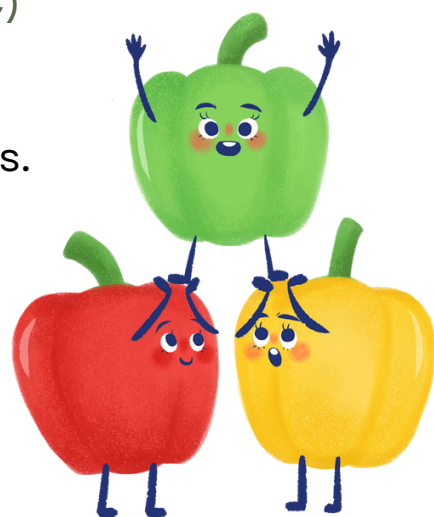
## School Breakfast and Lunch

El Sol Science and Arts Academy is required to follow the federal student breakfast and lunch guidelines listed in Appendix A & Appendix B.

Program operators of the National School Lunch Program (NSLP) are required to use meal patterns and dietary specifications established by U.S. Department of Agriculture to develop menus and serve meals to students (see appendix C)

Sapphire at School (SAS), the school meal provider, strictly adheres to these regulations.

- Serves cultural favorites
- Introduces students to a wide variety of foods
- Manages to offer high quality food at affordable prices



## Buying vs Packing a Lunch

**Sapphire at School (SAS)** provides El Sol with a monthly menu to **share with the** parents.

- Parents will decide whether their student will consume the SAS meal for the day **OR** send them to school with a packed lunch.
- Students will be able to eat only **ONE** lunch to discourage overeating, either the SAS meal or their lunch from home.



## Beverages

- ✓ Water (plain or carbonated)
- ✓ Milk: white or chocolate (skim, 1%, 2%)
- ✓ 100% Juice products (plain or carbonated)  
- limit juice to 2 or 3 times per week
- ✗ No caffeine, soda, or added sweeteners





# Nutritional Guidelines for Foods at El Sol

El Sol Science and Arts Academy acknowledges the need to provide healthy food to grow strong bodies and minds and to promote academic success.

## Lunches From Home

The main course should include one source of lean protein and one source of whole grains.

**Protein:** all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds

**Whole Grains:** any food made from wheat, rice, oats, cornmeal, barley or another cereal grain

★ About 50% of the child's lunch should consist of fruits and vegetables.

### A LUNCHBOX SHOULD INCLUDE:

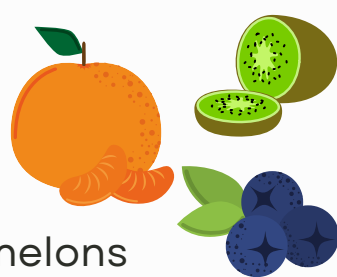
#### 1 MAIN COURSE EXAMPLES

- Lean meat (ham, turkey, chicken), peanut butter and jelly, or tuna salad sandwich on whole wheat bread
- Baked chicken nuggets
- Turkey or chicken hot dogs, turkey burgers, or chicken sloppy joes on wheat bun
- Turkey meat or chicken tacos, chicken fajitas
- Bean, veggie, and/or low fat cheese quesadillas



#### 2 FRUITS AND VEGETABLES EXAMPLES

- Apples, apricots, nectarines, pears, peaches, and plums
- Avocados, and tomatoes
- Bananas, mangos, blueberries, raspberries, kiwifruit, passionfruit, and strawberries
- Grapefruit, mandarins, oranges, and limes
- Cantaloupe, honeydew melons, and watermelons
- Cabbage, cauliflower, brussels sprouts, and broccoli
- Chard, Kale, lettuce, and spinach
- Pumpkin, cucumber and zucchini
- Potato, sweet potato and yam
- Carrot, celery and asparagus



#### 3 BEVERAGES MUST FOLLOW STANDARDS LISTED ABOVE

#### 4 SNACK EXAMPLES (ONE SERVING)

- Fruit with Tajin
- Popcorn
- Yogurt
- Granola and nuts
- Whole grain crackers



### THE STUDENTS LUNCH SHOULD NOT INCLUDE:

- ⊗ Candy
- ⊗ Chips (unless they are baked)
- ⊗ Soda
- ⊗ Fruit "juice" drinks with high sugar content
- ⊗ Fruit roll ups or fruit snacks (unless made with greater than 90% fruit juice and real fruit)
- ⊗ Fried foods





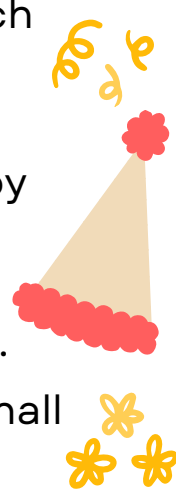
# Nutritional Guidelines for Foods at El Sol

El Sol Science and Arts Academy acknowledges the need to provide healthy food to grow strong bodies and minds and to promote academic success.

## Birthday Celebrations, School Functions, and Fundraising

Any event on the campus of El Sol Science and Arts Academy (including fundraising, birthday celebrations, and festivals) will follow the same nutritional standards listed above or the two-bite rule described below.

- Monthly birthday celebrations will take place in each classroom.
- On the day designated by each classroom, parents are welcome to bring treats to class as organized by the teacher.
  - Teachers may need to have parents sign up in advance to limit the number of sweet items chosen.
- Parents may bring in sweet items if they are of a small serving size and follow the “two bite” rule.



### TWO-BITE RULE

The “two bite rule” means that the portions of sweets are small enough that they may be consumed in approximately 2 bites of them.



### ACCEPTABLE SPECIAL OCCASION GIFTS OR TREATS EXAMPLES

- Brownie bites
- Mini cupcakes
- Mini pumpkin pie
- Mini tarts
- Small cookies
- Popcorn
- Stickers
- Art supplies



- ★ This list does not include all treats that may be sold or brought into the classroom.

### FUNDRAISING

The faculty should encourage the use of healthy food items for fundraising purposes and inform the students and their parents when food that has been brought to school does not meet the current nutritional guidelines.

The faculty should also avoid the use of non-nutritious food as a reward in the classroom for the student’s accomplishments.

