

# Roanoke County Public Schools Nutritional Integrity Plan

## School Nutrition Program--Elementary Level:

	2006-2007	2007-2008	2008-2009
<b>School Meals</b>	<ul style="list-style-type: none"> <li>✓ When possible, schools will operate the School Breakfast Program.<sup>1</sup></li> <li>✓ Schools will offer a variety of fruits/vegetables that are appealing to their target audience. In addition schools will increase the number of fresh fruits and vegetables offered to students weekly.<sup>2</sup></li> <li>✓ Schools will offer at least (2) whole grain offerings per week.<sup>3</sup></li> <li>✓ Nutrition Services will post nutritional information of popular items near point of service and on website.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Offer fresh vegetable/fruit every day.</li> <li>✓ Schools will offer at least (3) whole grain offerings per week.</li> <li>✓ Conduct nutrient analysis of cycle menus each year.</li> </ul>	<ul style="list-style-type: none"> <li>✓ A variety a fresh fruits, vegetables, and whole grains are offered daily.</li> </ul>
<b>A La Carte</b>	<ul style="list-style-type: none"> <li>✓ Schools shall be limited to offer no more than (4) pre-packaged snack items daily.</li> <li>✓ Students should be limited to buy no more than (2) a la carte items.<sup>4</sup></li> <li>✓ Eliminate pre-packaged snacks that exceed 40% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters*).<sup>5</sup></li> <li>✓ Pre-packaged snack items must contain ≤ 300 calories<sup>6</sup>.</li> <li>✓ Pre-packaged snack items must contain ≤ 10% of calories from saturated fat.</li> <li>✓ Pre-packaged snack items must contain ≤ 480 mg sodium per item.<sup>7</sup></li> <li>✓ Pre-packaged snack items must contain ≤ 35% sugar by weight per item, unless fruit or fruit juice is the first ingredient.<sup>8</sup></li> <li>✓ Portion sizes for chips must be ≤ 2 oz.</li> <li>✓ Portion sizes for cookies/cereal bars must be ≤ 2 oz.</li> <li>✓ Portion sizes for bakery goods (pastries/muffins) must be ≤ 3 oz.</li> <li>✓ Portion sizes for ice cream must be ≤ 3 oz.</li> <li>✓ Offer nutritious and/or lower calorie beverages, such as bottled water, low-fat/non-fat milk, 100 percent juice, sports drinks, and low-calorie juice drinks.</li> <li>✓ Beverage choices must contain less than 300 calories per serving.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2006-2007 plan.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> <li>✓ Eliminate pre-packaged snacks that exceed 35% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).</li> <li>✓ Juice drinks should contain at least 25% fruit juice.</li> </ul>

<sup>1</sup> Breakfast provides students with needed nutrients. Participation in school breakfast has been demonstrated to improve test scores, class participation, and reduce absences.

<sup>2</sup> Fruits and vegetables are significant sources of vitamins, minerals and fiber, and low in calories. Adequate fruit and vegetable intake among youth is a problem. Access is a main barrier.

<sup>3</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal. A diet with adequate fiber helps prevent colorectal cancers, aids in good digestion, and may reduce cholesterol.

<sup>4</sup> Students should be encouraged to eat the School Lunch as part of a healthful, balanced diet. Snacking should be used in moderation. Setting a limit on snacks enables staff to standardize and monitor their purchase.

<sup>5</sup> High fat foods contribute to the intake of unnecessary calories without added nutrients. \*Although high in fat and calories, nuts and seeds are high in monounsaturated fat, which can help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

<sup>6</sup> Larger portion sizes may lead to over-consumption.

<sup>7</sup> The Dietary Guidelines for Americans 2005 urges moderation in sodium consumption. High intakes are associated with high blood pressure and stroke.

<sup>8</sup> Virginia Action for Healthy Kids emphasizes nutrient dense foods. Many foods and beverages that are high in sugar are high in calories and low in nutrients. However, nutrient dense fruits are also high in naturally occurring sugars.

# Roanoke County Public Schools Nutritional Integrity Plan

## School Nutrition Program--Secondary Level:

	2006-2007	2007-2008	2008-2009
<b>School Meals</b>	<ul style="list-style-type: none"> <li>✓ When possible, schools will operate the School Breakfast Program.</li> <li>✓ Schools will offer a variety of fruits and vegetables that are appealing to their target audience. In addition schools will increase the number of fresh fruits and vegetables offered to students weekly.</li> <li>✓ Schools will offer at least (2) whole grain offerings per week.</li> <li>✓ Nutrition Services will post nutritional information of popular items near point of service and on website.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Offer fresh vegetables and fruit every day.</li> <li>✓ Schools will offer at least (3) whole grain offerings per week.</li> <li>✓ Conduct nutrient analysis of cycle menus each year.</li> </ul>	<ul style="list-style-type: none"> <li>✓ A variety a fresh fruits, vegetables, and whole grains are offered daily.</li> </ul>
<b>A La Carte</b>	<ul style="list-style-type: none"> <li>✓ Eliminate pre-packaged snacks that exceed 40% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).</li> <li>✓ Pre-packaged snack items must contain ≤ 300 calories.</li> <li>✓ Pre-packaged snack items must contain ≤ 10% of calories from saturated fat.</li> <li>✓ Pre-packaged snack items must contain ≤ 480 mg sodium per item.</li> <li>✓ Pre-packaged snack items must contain ≤ 35% sugar by weight per item, unless fruit or fruit juice is the first ingredient.</li> <li>✓ Portion sizes for chips must be ≤ 2 oz.</li> <li>✓ Portion sizes for cookies/cereal bars must be ≤ 2 oz.</li> <li>✓ Portion sizes for bakery goods (pastries/muffins) must be ≤ 3 oz.</li> <li>✓ Portion sizes for ice cream must be ≤ 3 oz.</li> <li>✓ Offer nutritious and/or lower calorie beverages, such as bottled water, low-fat/non-fat milk, 100 percent juice, sports drinks, and low-calorie juice drinks.</li> <li>✓ Beverage choices must contain less than 300 calories per serving.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2006-2007 plan.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> <li>✓ Eliminate pre-packaged snacks that exceed 35% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).</li> <li>✓ Juice drinks should contain at least 25% fruit juice.</li> </ul>

# Roanoke County Public Schools Nutritional Integrity Plan

## School Snacks and Beverages—Elementary and Secondary\*

	2006-2007	2007-2008	2008-2009
<b>Student &amp; Staff Vending-- Pre-Packaged Snacks</b>	<ul style="list-style-type: none"> <li>✓ Eliminate pre-packaged snacks that exceed 40% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).</li> <li>✓ Recommend pre-packaged snack items contain ≤ 300 calories.</li> <li>✓ Recommend pre-packaged snack items contain ≤ 10% of calories from saturated fat.</li> <li>✓ Recommend pre-packaged snack items contain ≤ 480 mg sodium per item.</li> <li>✓ Recommend pre-packaged snack items contain ≤ 35% sugar by weight per item, unless fruit or fruit juice is the first ingredient.</li> <li>✓ Portion sizes for chips should be ≤ 2 oz.</li> <li>✓ Portion sizes for cookies/cereal bars should be ≤ 2 oz.</li> <li>✓ Portion sizes for bakery goods (pastries/muffins) should be ≤ 3 oz.</li> <li>✓ Portion sizes for ice cream should be ≤ 3 oz.</li> </ul>	<ul style="list-style-type: none"> <li>✓ All pre-packaged snack items and beverages <b>must</b> meet nutritional recommendations set forth in 2006-2007.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> <li>✓ Eliminate pre-packaged snacks that exceed 35% calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).</li> </ul>
<b>Student &amp; Staff Vending-- Beverages</b>	<ul style="list-style-type: none"> <li>✓ All beverage choices must have less than 300 calories per container.</li> <li>✓ At least 50% of vending selections should be nutritious and/or lower calorie beverages, such as bottled water, low-fat/non-fat milk, 100 percent juice, sports drinks, low-calorie juice drinks and diet soft drinks.</li> <li>✓ No more than 50% of vending selections should be soft drinks.</li> <li>✓ Decaffeinated soft drinks should be offered.</li> </ul>	<ul style="list-style-type: none"> <li>✓ No more than 25% of vending selections should be full calorie sodas.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> <li>✓ Juice drinks should contain at least 25% fruit juice.</li> </ul>
<b>Classroom Refreshments and Student Incentives</b>	<ul style="list-style-type: none"> <li>✓ Each school principal will establish a policy regarding healthy guidelines for snacks, activities, and celebrations. A sample policy and a list of recommended items will be disseminated from Central Office.</li> <li>✓ The use of foods as an incentive program will be strongly discouraged. Foods used as a student incentive should meet nutritional standards listed above for vending.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2006-2007 plan.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> </ul>
<b>School-Sponsored Fundraisers</b>	<ul style="list-style-type: none"> <li>✓ School organizations shall be encouraged to raise funds through the sale of items other than food.</li> <li>✓ Fundraisers which include the sale of foods for consumption during school hours must follow nutritional standards listed above for vending.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2006-2007 plan.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Continue 2007-2008 plan.</li> </ul>

\* Elementary schools do not have student vending machines. Stipulations will be applicable to staff vending.