LOS ANGELES ACADEMY OF ARTS AND ENTERPRISE

L.A.A.A.E.

WELLNESS POLICY

ON

PHYSICAL ACTIVITY AND NUTRITION

2025-2026

Board Adopted: ____11/12/2025___

Food Service / Child Nutrition Program

Los Angeles Academy of Arts and Enterprise (LAAAE) Charter School is dedicated to helping every student grow and succeed. We believe that students do best when they learn in a positive, supportive, and healthy environment—one that builds on their strengths and is consistent across all classrooms and activities throughout the school year.

Academic performance and quality of life are affected by the choice and availability of good foods in our schools. Healthy foods support students' physical growth, brain development, disease resistance, and emotional stability to learn. Nutrition guidelines shall require the use of products that are high in fiber, low in added fats, sugar, and sodium, and served in appropriate portion sizes consistent with USDA standards.

- Students at LAAAE can enjoy healthy food options throughout the day, including school meals and other snacks, while meeting all federal and state nutrition guidelines.
- Students learn about nutrition in ways that help them build lifelong healthy eating habits.
- There are opportunities for students to be active before, during, and after school.
- Wellness is promoted through fun activities that encourage good nutrition and physical movement.
- School staff are supported in making healthy choices both at work and in their personal lives.
- Families and community members help reinforce healthy habits beyond the classroom, creating a strong support system for students and staff.
- LAAAE has systems in place to manage, track, and communicate wellness goals and progress.

We will include relevant data or statistics from state and local sources that highlight why the goals in this policy are important and necessary.

The Governing Board of The Los Angeles Academy of Arts and Enterprise acknowledges the significance of offering a comprehensive program that encourages healthy eating and physical activity for LAAAE members. In partnership with parents, students, staff, faculty, and administration, the school will advocate for student wellness through health education, physical education and activity, health services, nutrition services, and initiatives that enhance overall student health and wellness. The school is committed to fostering a positive and safe environment that is free from bullying and harassment for all students.

To adhere to the USDA meal program, our school participates in the Federal Child Nutrition Program NSLP National Program to receive Federal Funding and reimbursements for providing meals to students 6-12th grades.

School Wellness Committee

The following committee members are involved in the development of this policy, as well as its implementation and assessment throughout the school year. The LAAAE designated official(s) for oversight are Ms. Grajeda (agrajeda@laaae.org) , Ms. Cordova (mscordova@laaae.org) , and Mr. Arellano (garellano@laaae.org) .

Leadership

The committee coordinator will convene the meetings, facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy.

Committee Role and Membership:

Name	Position	Contact Info
Sandra Ralda	**Parent**	**323-529-7280**
Cinthia Avendano Ralda	**Student Representative- 11th**	**CArend2057@laaae-student.org**
Sonia Sop	**Parent**	**323-362-7068**
Brayan Sacalxot Sop	**Student Representatives- 9th**	**BSacal2083@laaae-student.org**
Maria Salas Solis	**Parent**	**323-513-4081**
Samuel Salas Solis	**Student Representative - 9th**	**ssalas2171@laaae-student.org**
Francis Pacheco	**Parent**	**323-239-4015**
Luis Pacheco	**Student Representative 8th**	**lpacheco2167@laaae-student.org**
Angela Lopez	**Student Representative - 9th**	**ALopez2024@laaae-student.org**
Ana Grajeda	**Staff / Meal Coordinator**	**agrajeda@laaae.org**
Mercedes Cordova	**Staff / Meal Coordinator**	**mscordova@laaae.org**
Geovanni Arellano	**NSLP Administrator**	**garellano@laaae.org**
Glenda Aleman	**Consultant**	**g.aleman@alta@altaps.org**

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

LAAAE will create and uphold a clear action plan to guide the rollout of its Wellness Policy. This plan will outline who is responsible for each part of the policy, what steps need to be taken, and a timeline of when those steps should happen. It will also set specific goals for healthy food and drink standards on campus, nutrition education, physical activity, PE programs, and other wellness-focused school activities. To support this work, the school will use an assessment to help shape a practical action plan and provide a yearly progress report.

Monitoring

The Wellness Committee will make sure LAAAE follows our nutrition and physical activity policies. Every year, all school staff will receive training to understand the Wellness Policy and its goals. Meal coordinator and school administration will be responsible for making sure the school follows the policy and will report back to the Wellness Committee.

Food service staff will follow nutrition guidelines in school meal areas and report either to the Wellness Committee or the principal. LAAAE will also share updates from the latest USDA Administrative Review and any changes made as a result.

The Wellness Committee will regularly create a summary report showing how well schools are following the wellness policies. This report will be shared with the school board, health councils, parent/teacher groups, principals, and school health staff.

This Wellness Policy, monitoring, and progress reports can be found at: **https://laaae.org/**

Recordkeeping

LAAAE will maintain records to show that we are following the Wellness Policy. These records will include:

- A copy of the Wellness Policy
- Proof that the policy has been shared with the public (posted on the school website)
- Records of any updates or reviews of the policy, including who was involved and how stakeholders were invited to join the Wellness Committee
- Evidence that the annual public notification requirements were met
- The latest evaluation of how the Wellness Policy is being carried out at the school level
- Proof that this evaluation has been made available to the public

The Wellness Committee will monitor the school's compliance with this Wellness Policy.

Annual Notification of Policy

LAAAE will share key details about its Wellness Policy with families and the community every year. This includes what the policy says, any changes made, and how it's being put into action. We will post this information on our website and send it out through school-wide messages, such as ParentSquare via PowerSchool. We will also share updates about the school's nutrition efforts, including events and activities tied to the Wellness Policy. If there are new stakeholders involved with the Wellness Policy, we will share the name and contact information.

Triennial Assessment

At least once every three years, the Wellness Committee will complete a Triennial Assessment to measure policy implementation, assess compliance with federal and state requirements, and identify areas for improvement. The results of the assessment and wellness policy will be documented and added to the school website, public to see, and the goals for the next three years will be updated accordingly.

In case of a wellness policy to be amended or information added to it, here are the steps:

- The first step is to carefully review the findings of the triennial assessment. This is where we identify the policy's strengths and weaknesses and evaluate its effectiveness based on the collected data.
- Compare the model policy to current best practices or model polices to help us identify areas where the policy may be outdated or need more information.
- Asset compliance determines the extent to which the existing policy is being followed and what challenges people face in adhering to it, or in answering any questions.
- Evaluate Progress. Write a brief summary of the most important findings.
- Define the problem and recommendations-clearly state what needs to be changed and why.

The person responsible for managing the triennial assessment and contact information is Ana Grajeda, Meal Service Coordinator, agrajeda@laaae.org. Supporting staff is Glenda Aleman, Ph.D., Consultant of Food Services for Alta Public Schools, g.aleman@altaps.org. Administrative support, Geovanni Arellano, garellano@laaae.org .

The Wellness Committee will monitor the school's compliance with this Wellness Policy.

Revisions and Updating the Policy

The Wellness Committee will revise the Wellness Policy as needed, guided by the annual School Health Index, triennial assessments, and evolving circumstances.

Updates may occur in response to shifts in LAAAE's changing community needs or new Federal and State regulations. At a minimum, the policy will be reviewed and updated every three (3) years, following the triennial assessment.

Community Involvement, Outreach, and Communications

LAAAE values community input and wants everyone to be aware of the Wellness Policy. The district will share information about how families, staff, and Wellness Committee members can help shape, carry out, and review the policy over time.

Families will be informed about:

- Improvements to school meals and how they meet nutrition standards
- Available child nutrition programs and how to apply
- Rules for healthy snacks sold at school (Smart Snacks standards)

To keep everyone in the loop, LAAAE will share updates through:

- Emails and the school website
- Newsletters, parent presentations, and flyers sent home

All communication will be shared in ways that match how the district usually sends important school updates—and will be culturally and linguistically appropriate for our community.

At least once a year, LAAAE will notify the public about the Wellness Policy and any changes made.

Nutrition and NSLP Meal Program

Meals provided through the National School Lunch and Breakfast Programs will:

- Be visually appealing and enjoyable for students
- Be served in clean, welcoming environments
- Meet all local, state, and federal nutrition standards
- Include a variety of fruits and vegetables
- Follow calorie and sodium guidelines based on grade level
- Limit saturated fat to no more than 10% of total weekly calories
- Offer only low-fat (1%) and fat-free milk, or USDA-approved non-dairy alternatives
- Use whole grains in all grain-based items

LAAAE will involve students and families in choosing healthy, tasty meal options—using tools like taste tests, ParentSquare, and surveys. Nutrition information about LAAAEl meals will be shared with parents and students to help everyone make informed choices.

Water

To support student hydration, LAAAE provides every student with reusable water bottles as well as a water station to refill their water bottles. All water sources, such as fountains, hydration stations, and water jugs, will be regularly cleaned and maintained to meet health and safety standards.

Students may also bring and carry approved water bottles filled with plain water during the school day.

Breakfast

To help all students start the day with a healthy breakfast—whether at home or at school—LAAAE will:

- Inform families about the availability of school breakfast
- Encourage parents to provide a nutritious breakfast at home when possible
- Offer the School Breakfast Program whenever possible
- Use flexible options like extended meal service hours for students who might miss the early morning breakfast. This will make it easier for students to participate

Community Eligibility Provision (CEP)

LAAAE is a Community Eligibility Provision (CEP) school; CEP is a federal option under the National School Lunch and School Breakfast Programs. It's designed to simplify meal access in high-poverty areas by removing the need for families to submit income-based applications.

- **Free Meals for All Students**: Every student at a CEP school receives free breakfast and lunch, no matter their household income. Eligibility is based on the percentage of students directly certified through programs like SNAP, TANF, or foster care.

Summer Food Service Program

The summer food service program will continue through our summer programs for eligible students.

Meal-Times and Scheduling

LAAAE will:
• Give students enough time to eat their meals without feeling rushed. At a minimum, students

will have 20 minutes or more to eat their school lunch.
• Schedule meal times appropriately.
• Avoid planning tutoring, clubs, or other activities during meals unless students are allowed to eat during those times.
• Encourage students to wash or sanitize their hands before eating

Qualifications of School Food Service Staff

LAAAE School meal programs will be managed by qualified nutrition professionals. Our school is committed to supporting these staff members by providing ongoing training and professional development. We will meet or exceed the USDA's hiring and annual training standards for child nutrition professionals. Staff will use the USDA's Professional Standards website to find training that fits their roles and learning goals.

LAAAE ensures annual training for food and nutrition services for our staff in accordance with USDA professional standards. A certificate of completion must be presented when finished of the course. Also, a food handler certificate must be obtained before applying for a position to work in the food nutrition department. The policy of the school is to have this up-to-date every year and renew it when needed.

Sharing of Foods and Beverages

To help keep all students safe, LAAAE will be vigilant of any potential food and drink sharing during meals and snacks. This helps prevent allergic reactions and respects dietary restrictions some students may have.

Competitive Foods and Beverages

LAAAE is dedicated to making sure all food and drinks offered on campus during the school day support healthy eating. These standards help improve student health, encourage better food choices, and support lifelong healthy habits.

For more details, you can visit:

- https://www.fns.usda.gov/tn/guide-smart-snacks-school.
- https://foodplanner.healthiergeneration.org/calculator/

To promote healthy eating and support student wellness, all snacks and beverages offered outside of regular school meals—including those sold in vending machines, school stores, snack carts or through fundraisers—must meet both State and USDA Smart Snacks in School nutrition standards.

These rules apply anywhere food and drinks are sold on campus during the school day.

Fundraising Activities

To promote student health and support nutrition education, LAAAE fundraisers will either avoid using food or only include items that meet Smart Snack nutrition standards. LAAAE will encourage fundraisers that involve physical activity. All fundraising events will take place at least 30 minutes before or after the school day.

Snacks

Snacks offered during the school day or in after-school programs will support student health by focusing on fruits and vegetables as the main snack options and water as the main drink. Schools will decide when to offer snacks based on meal schedules, students' nutritional needs, age, and Smart Snack guidelines.

Rewards

Schools are encouraged not to use food or drinks—especially unhealthy options—as rewards for good behavior or academic performance. Food and drinks, including school meals, should never be withheld as punishment.

If food rewards are used, they must meet Smart Snack standards and cannot be given out by students. Any food rewards that don't meet these standards must be given at least 30 minutes before or after the school day.

LAAAE Approved Food List – Smart Snacks

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect on July 1, 2016 and merges the previous California Nutrition Standards. The following list (see attachment -1-) is of foods and beverages that meet the standards for all grade levels. This list is **not all-inclusive**; additional items may be used if identified to be compliant by the quick reference cards. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. Foods with any type of nuts are not allowed to be brought to school. If you have additional questions, please contact the Food and Nutrition Services Department (209) 838-3170. Always check with your child's teacher prior to bringing any snack to school for a classroom celebration.

Attachment -1- Approved food list

Establishing Nutrition Standards

LAAAE shall participate in the federal school nutrition program and encourage students to eat breakfast and lunch. Meals served that will be appealing, meet federal/state/local requirements, and promote healthy eating habits—competitive foods and beverages, fundraisers, and marketing that will meet USDA Smart Snacks in school Standards. LAAAE will also provide free, safe, unflavored drinking water during meal times. Water fountains will be

provided for students to be hydrated, with everyday water bottles, milk, chocolate milk, juice, and soy milk for lactose-intolerant accommodations. A letter is sent to parents IF any accommodations need to be made. The parent has to sign and send it to the NSLP Manager. The manager is in charge of servicing those students requesting those accommodations, as well as for Vegetarian meals.

Food and Beverage Sales

To be considered a Smart Snack, the item must:

- Be made mostly from whole grains (at least 50% by weight or list a whole grain first)
- Or list a fruit, vegetable, dairy product, or protein food as the first ingredient
- Or be a mix that includes at least ¼ cup of fruit or vegetables
- And meet limits for calories, sodium, sugar, and fat

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Celebrations

LAAAE will limit classroom celebrations with food to no more than one party per class each quarter—and may choose to allow fewer. Each party is encouraged to include only one item that doesn't meet Smart Snack nutrition standards.

Food celebrations will not take place during breakfast or lunch, or too close to those times, to avoid affecting students' appetite for their regular meals.

School-sponsored Events

If LAAAE offers or sells food and drinks at events held just before or after the school day, they are strongly encouraged to follow Smart Snack nutrition standards—whether the items are part of a meal or sold individually.

Nutrition Education and Food Marketing

Nutrition Education and Promotion

All students at LAAAE experience quality education in a sequential, comprehensive, enjoyable, safe, and secure learning environment across all grade levels. Adequate space, equipment, and instruction are provided to maximize participation. Extracurricular physical activity programs are offered before and after school. Our curriculum is designed to equip students with the

knowledge and skills necessary to support and protect their health. LAAAE promotes healthy eating and physical activity for all students.

LAAAE is committed to helping students build lifelong healthy habits by:

- Offering lessons in grades 6th-12th through a comprehensive, standards-based program.
- Integrating nutrition topics into our advisory curriculum.
- Including fun, age-appropriate, and culturally relevant activities such as contests, taste tests, and health education-related field trips.
- Promoting nutritious foods like fruits, vegetables, whole grains, low-fat dairy, and healthy cooking methods.
- Teaching the importance of balancing food intake with physical activity.
- Connecting nutrition education to school meals, other food programs, and community services.
- Providing training for teachers and staff to support these efforts.
- LAAAE will promote healthy food and drink choices throughout the school day and during extended hours (before and after school).
- LAAAE will encourage students to participate in school meal programs through school announcements, newsletters, and website updates.
- Lessons use proven, research-based materials aligned with the National Health Education Standards. National Health Education Standards (NHES)
- Curriculum follows the CDC's guidelines for effective health education. Characteristics of an Effective Health Education Curriculum | Assessing and Improving School Health | CDC

Communications with Parents

Los Angeles Academy of Arts and Enterprise charter school is committed to helping families support healthy eating and active lifestyles for their children. We will share nutrition tips through the school ParentSquare app, school website, set up nutrition workshops for parents and the community, send home helpful information, and provide menu nutrition details when available.

Schools will encourage parents to pack nutritious lunches and snacks, and avoid sending foods or drinks that don't meet Smart Snack standards.

We'll also share details about physical education and activity programs offered before, during, and after school—and support families in finding ways for students to stay active outside of school.

LAAAE has a family and community engagement (FACE) program. The physical education teacher presents to families during our Face workshops as part of the wellness meeting on healthy lifestyles in the month of March.

Physical Education (P.E.) Curriculum 6th - 12th

All students in grades 6th-12th, including those with disabilities or special health needs, will receive physical education every week throughout the school year. Physical Education will be taught by a certified physical education teacher.

Participation in sports or other physical activities does not replace the required PE classes. Students must spend at least half of their PE time doing moderate to vigorous physical activity.

- Grade 6th: At least 200 minutes of PE every 10 school days
- Grades 7–12: At least 400 minutes of PE every 10 school days

LAAAE will give the state fitness test each year to students in grades 7 and 9.

Physical Education Curriculum for each grade is aligned with national and/or state physical education standards. Physical Education promotes a physically active lifestyle is a school-based curriculum that teaches students about physical movement, sports, and the health benefits of regular activity to promote a healthy, active lifestyle and develop social skills. PE programs offer diverse activities, from traditional sports to dance and cooperative games, and aim to develop essential physical skills, promote overall wellness, and foster positive attitudes toward physical fitness, such as the ability to cooperate and accept responsibility.

Physical Education (P.E.) teaches students:

- Physical skills: Students learn how to move their bodies and perform a variety of physical activities effectively.
- Health benefits: They learn the importance of regular physical activity for their physical and mental well-being.
- Healthy lifestyles: PE provides the skills and knowledge to adopt a physically active and healthy lifestyle that can last a lifetime.
- Social skills: Students develop cooperation, responsibility, and positive attitudes toward others and their own actions.

Components of a PE program

- Diverse activities: Programs often include a variety of options such as running, sports, dance, and cooperative games.
- Personal goals: Students are often encouraged to set and work towards personal goals, such as improving a specific skill or achieving a fitness level.

- Fitness assessment: Some programs utilize assessments to measure fitness components like cardiovascular endurance, muscular strength, and flexibility.
- Inclusivity: Good PE programs cater to students of all abilities, providing safe and supportive environments for everyone to participate and grow.

Why Physical Education is important

All physical education teachers hired at LAAAE are fully credentialed teachers certificated by the state of California. Physical Education addresses the widespread issue of inactivity, which is linked to health problems like obesity.

- Promotes health: It helps prevent chronic diseases such as type 2 diabetes and hypertension by encouraging regular exercise.
- Fosters social development: Team sports and group activities in PE teach students valuable social skills.
- Supports overall development: PE contributes to a student's overall development by integrating physical, mental, and social learning.

In addition, all 9th and 10th-grade students take PE as part of our A-G requirements. Instructions for all 6-12 grades are in place; we do not have an elementary school. Per week, students need 250 instructional minutes of PE.

Exemptions Requirements for all Students are as follows:

- Students are provided modifications and accommodations to meet PE instructional minutes.
- All students with substitutions presented to administration and PE teacher via a doctor’s note, IEP, or Section 504 are accepted.

Water fountains are available around the school grounds for our students to be hydrated on regular days. LAAAE has a PBIS store stocked with reusable water bottles. Students have the opportunity to exchange PBIS points for a reusable LAAAE water bottle.

On a routine physical education day and/or sports days, students receive water breaks every 30 minutes of class and can get water at any time during the sports session.

LAAAE provides students with a welcoming PE environment where students feel empowered to work on their physical fitness program. In addition, we offer weightlifting classes in the second period of the day to support our students’ commitment to a healthy lifestyle.

LAAAE has an MOU for extended learning with our afterschool program, Woodcraft Rangers, where students are provided with opportunities to engage in physical activities after school, such as skateboarding, soccer, weight lifting, and scooter/bicycle riding.

Physical Activity and Punishment

LAAAE does NOT use/nor withhold PE as a punishment. Teachers and school staff will not use exercise (like running laps or doing pushups) as a form of punishment. They also won't take away physical activity time—such as nutrition or PE—as a consequence for behavior.

Community Health Promotion and Family Engagement

LAAAE will share tips and resources about healthy eating and physical activity with families and the community throughout the school year. Families will be invited to join school-sponsored wellness events and will receive updates about health-related programs.

To keep everyone informed, LAAAE will use both digital tools (like ParentSquare and website posts) and printed materials (like newsletters, flyers, and parent presentations).

Wellness Supports, Equity, and Mental Health

LAAAE is proud to host a dedicated Family and Community Engagement (FACE) Center (Room 472)—a welcoming space where families stay informed, supported, and connected. This center serves as a hub for sharing important school updates, hosting parent workshops, and offering training on nutrition, wellness, and healthy living. We collaborate with trusted community organizations to provide valuable services and resources to our families. It is also our primary location for meeting with parents, fostering meaningful partnerships that strengthen student success and well-being.

Parent Wellness and Nutrition Classes will be provided to our parents in an effort to support our families. Also, meal tasting is provided for students, teachers, administration, and families. A committee is formed to be part of health and wellness meetings three times a year.

LAAAE will also make available mental health workshops with DiDi Hirsch, Edlogical, and Wellness Services, to support students' overall well-being. External providers, such as Didi Hirsch, are noted as available resources for students and families seeking additional support.

Workshops provide for our parents:

- Nutrition Workshop*
- Sleeping Habits Workshop
- Health and Wellness Workshop
- Fentanyl Workshop
- Planned Parenthood*

a) Mental Health in Youth
b) Values and Sexuality
c) Cervical Cancer Prevention
d) Birth Control

Non-Discrimination Statement

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint-filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or

Email: program.intake@usda.gov. This institution is an equal opportunity provider.

Update on State Meal Mandate: California Universal Meals

In accordance with California *Ed Code* Section 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

Federal Provision Participation Requirement

California EC Section 49564.3 requires LEAs with high-poverty schools to adopt a federal universal meal service provision, such as CEP or Provision 2. A school is considered high poverty if its identified student percentage (ISP) is over 40 percent, meaning 40 percent of enrolled students are determined eligible for free school meals through direct certification, or identification as homeless, migrant, foster, or runaway.

WELLNESS POLICY GOALS

Goal# 1: School meal programs are consistent with State and U.S. Department of Agriculture (USDA) requirements and Healthier US Schools criteria.
Activities:

1.1 Inform appropriate constituencies (parents, teachers, school administrators, community, etc.) about this key element of the Wellness Policy.
1.2 Plan and prepare menus to comply with established nutrition standards.
1.3 Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.
1.4 Share nutrition information about foods and beverages with school constituencies

Goal# 2: Increase meal participation rates by offering quality, accessible, and appealing meals.
Activities:

2.1 Provide students an opportunity for input on school menu items.
2.2 Feature menus with healthy choices that are flavorful and attractively presented.
2.3 Upgrade eating and serving areas to improve function and image of the cafeteria.
2.4 Promote the school meal programs to all constituencies.
2.5 Conduct regular food tasting activities with students to introduce healthy menu items.

Goal# 3: Students will have adequate space and time to eat in a pleasant dining environment.
Activities:

3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
3.2 Provide facilities that are easy to access and adequate to meet demand.
3.3 Provide meal schedules that provide enough time for students to eat (no less than 30 minutes for lunch) and that there is at least a 2-hour window of time between breakfast or snack and lunch whenever possible.
3.4 Revisit our current bell schedule in order to provide recess/nutrition time before lunch whenever possible.

Goal# 4: Students will receive comprehensive health education instruction in all grades
Activities:

4.1 School-wide curriculum will reflect nutrition, social-emotional, hygiene, and other health-related topics based on the National Health Education standards.
4.2 Teachers will develop and implement lesson plans in all grade levels and all subject areas, if applicable.
4.3 Teachers will develop correlated assessments and assess student learning
4.4 School will provide professional development for teacher learning

Goal# 5: Students will receive 60 minutes of daily physical activity throughout the school day.
Activities:

5.1 Schools will develop and implement a comprehensive school physical activity program
5.2 Teachers will develop and implement physical activities/breaks on a daily basis.
5.3 School will collaborate with the extended learning program to provide before and after-school physical activity opportunities, as well as collaborate with yard supervisors for more break and lunch time activity
5.4 The school will provide the equipment necessary to encourage more physical activity
5.5 School will provide professional development for staff learning.

Attachment -1- Approved food list

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X
Brother's	All Natural Fruit Crisps	1 bag	X	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X	
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X	
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X	
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X	
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X	
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X	
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X	
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)		
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X	
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X	
Dole	Fruit Squish'ems	1 pouch	X	
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	X	
Earth's Best	Organic Applesauce- Original	1 cup (113g)	X	
Earthbound Farm	Organic Raisins	1 box (43g)		
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)		
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X	
Great Value	Unsweetened Applesauce	½ cup	X	
Great Value	Dried Apricots	7 pieces	X	
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	

Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)	X	
Kirkland	Sunsweet Dried Apricots	About 6		X
Kirkland	Sunsweet Dried Plums	About 6		X
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		
Motts	Natural Apple Sauce	1 cup (111g)	X	
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)		
Sunmaid	Raisins	1 box (42.5g)	X	X
Tree Top	No Sugar Added Natural Apple Sauce- Individual	1 unit (113g)	X	X
Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	**Name/Description**	**Serving Size**	**Wal-Mart**	**Costco**
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	
Corn Nuts	Variety Pack	1 package (1/3 cup)		X
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel	½ cup	X	
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X	
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream,	1oz		

	Original, Sour Cream & Onion			
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)		
Smart Balance	Smart N' Healthy Popcorn	4 cups popped		
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup		
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz	X	
Quaker	Rice Cakes- All Flavors	1 Cake	X	
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips		

Manufacturer	**Name/Description**	**Serving Size**	**Wal-Mart**	**Costco**
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X	
Crunchmaster	Multi-seed- Five Seed	14 crackers		X
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X	
Homekist	Honey graham Crackers	2 full cracker sheets	X	
Kashi	Snack Crackers- Not Cheddar	15 crackers		
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)		
Kellogg's	Special K Cracker Chips- Individuakl Bags	1 package	X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X	
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X	
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X	
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X	

Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate,	1 pouch (35g)	X	
	Cinnamon, Honey			
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate	24 pieces	X	
Nabisco	Triscuit- All Flavors	About 6 crackers	X	
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X	
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted	About 14 pieces (1oz)	X	
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X	

Crackers and Grahams

Manufacturer	**Name/Description**	**Serving Size**	**Wal-Mart**	**Costco**
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X	
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Bagels

Manufacturer	**Name/Description**	**Serving Size (Elementary)**	**Serving Size (Middle/ High)**	**Wal-Mart**	**Costco**
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	< 8 fl oz.	< 12 fl oz.	X	X
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion Refreshers	< 8 fl oz.	< 12 fl oz.	X	
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X	
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X

Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)		
Dole	100% Pineapple Juice	< 8 fl oz.	< 12 fl oz.	X	
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Great Value	100% Juice (Apple, Cranberry, Grape)	< 8 fl oz.	< 12 fl oz.	X	
Great Value	Vegetable Juice from Concentrate (100% Juice)	< 8 fl oz.	< 12 fl oz.	X	
Horizon	Organic Milk- Lowfat- All Flavors	< 8 fl oz.	< 12 fl oz.	X	
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.		
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X
Langer's	100% Juices- All Flavors	< 8 fl oz.	< 12 fl oz.		
Martinellis	100% Pure Apple Juice	< 8 fl oz.	< 12 fl oz.		X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Motts	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	< 8 fl oz.	< 12 fl oz.	X	
Simply Orange	100% Juice- All Flavors	< 8 fl oz.	< 12 fl oz.		
Seneca	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
Tummy Tickler	100% Juice- Aplle	< 8 fl oz.	< 12 fl oz.	X	
Treetop	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	X
Treetop	100% Juice Assorted	< 8 fl oz.	< 12 fl oz.		X
Treetop	Fresh Pressed Juice	< 8 fl oz.	< 12 fl oz.		
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8 fl oz.	< 12 fl oz.	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.	X	
All Brands	100% Juice (Product Must State 100% Juice)	< 8 fl oz.	< 12 fl oz.	X	X

All Brands	Milk- Lowfat 1%, or Fat Free	< 8 fl oz.	< 12 fl oz.	X	X
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X

Beverages

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)		
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X	
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X	
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X	
Dannon	Light & Fit	6oz (170g)	X	
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X
Frigo	Light String Cheese	1 stick (28 g)	X	
Great Value	Lowfat Yogurt- All Flavors	6 oz	X	
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X	
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X	
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese	1 stick (28g)	X	
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X	
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X	
Precious	String Cheese	1 stick (28g)	X	X
Precious	Stringsters Reduced Fat String Cheese	1 stick		
Sargento	String Cheese	1 stick	X	
Sargento	Light String Cheese	1 stick		
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)		

Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X	
The Laughing Cow	Babybel Light	1 piece		X
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X
Yoplait	Original Yogurt- All Flavors	6oz	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)		
Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X	
Yoplait	Light Yogurt- All Flavors	6oz	X	X
Yoplait	Greek 100- All Flavors	5.3oz (150g)		
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X	
Weight Watchers	String Cheese	1 stick	X	

Yogurt/Cheese/Smoothies

Manufacturer	**Name/Description**	**Serving Size**	**Wal-Mart**	**Costco**
Fiber One	Streusel Bar- Strawberry or Blueberry			
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X
Kellogg's	Rice Krispies Treats Original .78 oz bars	1 bar (22g)	X	X
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)		
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X	

Cereal/Breakfast Bars / Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X	
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X
CLIF	LUNA fiber- All Flavors	1 bar (40g)		
Great Value	Crunch Oats & Honey	2 bars (42g)	X	
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Frozen Items

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Blue Ribbon	Classics Fudge Bar	1 bar	X	
Blue Ribbon	Classics Orange Dream Bars	1 bar	X	
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X	
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar		
All Brands	100% Fruit Bars- All Flavors	1 bar		
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X