



# 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.

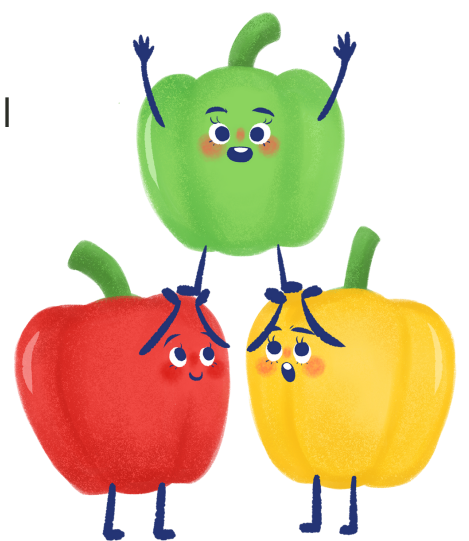
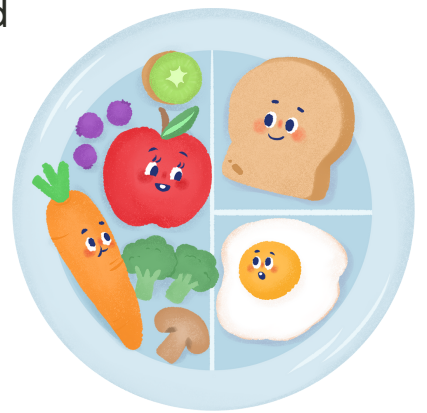


## Beverages

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

## School Breakfasts and Lunches

- 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



## Lunches from Home

### A lunchbox should include:

a main course; fruits and vegetables; water; and a snack.

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



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





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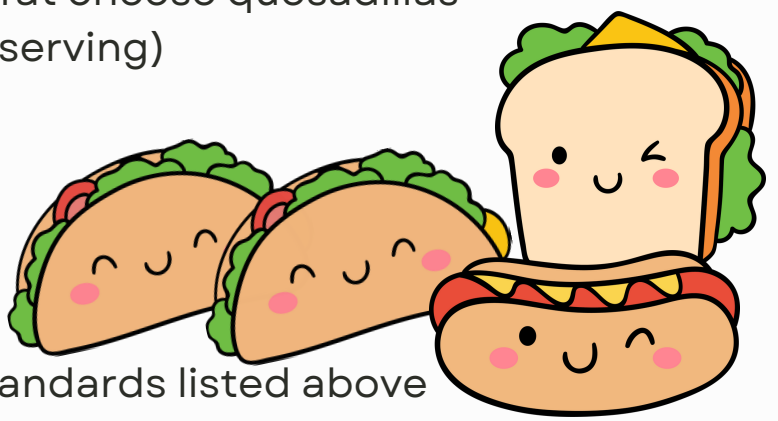
## Lunches from Home...

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

### Examples of main courses:

- 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
- Examples of snacks (one serving)
- fruit with Tajin
- popcorn
- yogurt
- granola and nuts
- whole grain crackers
- Beverages must follow standards listed above



The students lunch **should NOT** include any of the following:

- chips (unless they are baked)
- candy
- soda
- fruit “juice” drinks with high sugar content
- fruit roll ups/fruit snacks (unless made with greater than 90% fruit juice and real fruit)
- fried foods

## Buying vs Packing a Lunch

**Sapphire at School (SAS)** provides El Sol with a monthly menu that is sent out to 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, either the SAS meal or their lunch from home to discourage overeating.





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

Examples of acceptable special occasion gifts/treats:

- stickers
- art supplies
- mini cupcakes
- mini pumpkin pie
- mini tarts
- brownie bites
- small cookies
- popcorn



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



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.

