The Dover #1 School District -Kansasville School will practice and promote good nutrition within the school setting.

The district food service program will ensure that all students and staff have access to adequate and healthy food choices on scheduled school days at reasonable prices. Three goals of the food service program are:

Goal #1 To provide students with well-balanced nutritional choices of food and beverages and ensure all meals offered through the National School Lunch Program meet and follow all U.S. Government Nutritional Standards. To meet this goal, the district will continually expand and explore menu offerings based on nutritional content and student preferences.

Goal #2 To assist students in making healthy choices. Reinforce messages about healthy eating and to insure the foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.

Goal #3 To encourage and promote participation in the school lunch program. The food service program will work with the school administration, staff, parents and students to provide information and incentives to promote participation in school lunch. The district will provide a clean and pleasant eating environment for students and staff, with adequate space and appropriate time for eating.

Nutrition Standards

Food

1. No food item for sale prior to the start of the school day and throughout the instructional day will have more than 30% of its total calories derived from fat.
2. No food item for sale prior to the start of the school day and throughout the instructional day will have more than 10% of its total calories derived from saturated fat.
3. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" cholesterol and maintain "good" HDL cholesterol.
4. Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.
5. No individual item served by food service as part of a traditional meal, as an ala carte item, or as a snack item may contain more than one third of its weight from added sugar.
6. The food service program will follow the district nutrition standards when determining the items in ala carte sales.

7. Parents are encouraged to provide healthy snacks and treats for student celebrations and other events that adhere to district nutrition standards. District food service can assist parents by providing this service to families at a reasonable cost.
8. Strong consideration should be given to nonfood items as part of any teacher-to-student incentive program. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the district nutritional standards.
9. **It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.**

Presented to Board on __August 20, 2007_____

Approved on_____August 20. 2007_____