SUPPORT SERVICES

Nutritional Integrity

I. It is the vision of the Office of School Food and Nutrition Services that children in Prince William County Public Schools be well-nourished and, therefore, able to take full advantage of the educational opportunities provided to them.

II. Food Services shall ensure children have access to adequate and healthy foods while in school by adhering to these standards:

A. School menus shall be planned to meet the current Dietary Guidelines for Americans with the goal of providing nutrient needs within calorie limits by offering a variety of nutrient-dense foods in recommended amounts across and within all food groups.

B. Lunch and breakfast menus shall be planned with the goal of supporting a healthy eating pattern by limiting calories from added sugars and saturated fats and reducing sodium intake.

C. Lunch and breakfast menus shall be planned to include adequate amounts of fresh fruits, fresh vegetables, whole grains, and beans to encourage a healthy eating pattern to support nutrient adequacy and reducing the risk of chronic diseases.

D. Gradual changes shall be made to bring sodium content of menus to a moderate level as recommended in the Dietary Guidelines for Americans.

E. Foods shall be prepared in ways that provide optimal nutrition and student acceptance.

F. Menus shall include a variety of foods. Students shall be given the opportunity to make their menu selections from multiple entrees and side dish choices, exposing them to many different entrée choices and side dish choices within a one-month period.

G. A variety of low-fat milk shall be offered daily, including low-fat and skim options.
H. Snacks provided for after school programs shall include milk, grains, fruits and vegetables, and meat/meat alternates.

I. All a la carte items sold shall meet the standard for USDA’s Smart Snacks requirements.

J. A la carte beverages shall be limited to 100 percent juice, milk, and water.

K. Menus and prices shall be structured to encourage the purchase of complete meals versus a la carte selections.

L. Since foods are consumed to provide nutrients, student acceptance shall be a major factor used in menu planning and recipe development.

M. Continuous professional training shall be provided for all Food Services staff.

The Associate Superintendent for Finance and Support Services (or designee) and the level associate superintendents are responsible for implementing and monitoring this regulation.

The Associate Superintendent for Finance and Support Services (or designee) and the level associate superintendents are responsible for reviewing this regulation in 2020.