

Nutritional Guidelines

The Weston School District supports and promotes proper dietary habits as significant contributors to students' health and academic performance. The following guidelines set forth district practices in regards to student nutrition.

Components of Student Nutrition	District Guidelines
School breakfast, lunch, and snack programs	<ul style="list-style-type: none"> • All meals shall contain less than 35% of calories from fat and less than 10% from saturated fat. • All offerings must meet the daily minimum requirements for all three components for breakfast (milk, fruit, grain). • All offerings must meet the daily minimum requirements for all five components at lunch (meat/meat alternate, grains, vegetables, fruits, milk). • All snacks must include two full components from milk, fruit/vegetable, grains, or meat/meat alternate. Students must select both full servings.
Water	<ul style="list-style-type: none"> • Water sales will be a significant component of school vending. • Water will be available during mealtimes through fountains or purchase. • Students bringing sack lunches from home are encouraged to include water.
Milk	<ul style="list-style-type: none"> • Milk will be available to students bringing sack lunches • Only unflavored milk will be served during school breakfast • Both flavored and unflavored milk will be available during lunches. • Milk will be featured in single-serving sizes • Whole milk or lactose-free milk will only be made available when medically necessary. • Water or milk alternate will be offered as replacement for milk for students who cannot drink fluid milk if recommended by their physician.

Juice-based drinks	<ul style="list-style-type: none"> • Pure juice only may be served for breakfast. • Juice-based drinks without added sugars may be served during other meals. • No sweetener-based “juice drinks” or sports drinks which have added sugar as the first or second listed ingredient will be served during meal times. • Students bringing sack lunches from home are encouraged to include 100% juice.
Soda pop	<ul style="list-style-type: none"> • Students may not consume soda pop during the normal school day. Staff may consume soft drinks not in the presence of students. • Soda pop may not be brought in for student lunches or snacks; however, soda may be allowable under special circumstances, such as field trips or other functions as approved by the principal.
Learning incentives, classroom parties, and snacks	<ul style="list-style-type: none"> • The use of foods of minimal nutritional value in learning incentives should be kept to a minimum. • The district will not provide foods of minimal nutritional value in learning incentives. • Classroom snacks will be permitted for student birthdays and other celebrations. Parents will be encouraged to send healthy foods or non-food items on those occasions. • Classroom parties (Halloween, Christmas, Valentines, and end of the year), snacks, and food for sale will only be served after 1:30.
Food vending, fundraisers	<ul style="list-style-type: none"> • In-school sales of foods through the food service (Ala Carte) shall contain no more than 10% of the Recommended Daily Value for fat and encourages vending products without added sugars. • Other organizations selling food items throughout the school will be encouraged to offer healthy choices to students.
Foods of minimal nutritional value as defined by the USDA	<ul style="list-style-type: none"> • The district shall not provide foods of minimal nutritional value to its students during the school day. • Students will be encouraged to refrain from consuming foods of minimal nutritional value as part of their daily eating habits. • No energy drinks.