

FOOD SERVICE: GENERAL POLICIES

BREAKFAST PROGRAM

Breakfast is served from 8:00 A.M. to 8:30A.M. each morning.

LUNCH PROGRAM

One School provides a nutritious hot lunch program. All students in grades kindergarten through 8th grade who attend in person are required to purchase hot lunch. (Preschool lunch is provided in full time tuition.) Required participation is essential in order to provide a hot lunch program in such a small school. Although we do require participation, a parent may pack additional lunch items or choose to pack but will still be responsible to pay for the lunch whether it is eaten or not. In the case of a medical excuse, the parent may provide a Doctor's note to be excused from participation.

The lunch includes an entrée, fruit, vegetable, and milk. Multiple choices are provided each day.

Families who qualify for free or reduced-price lunch and breakfast should still submit a Free or Reduced Lunch Form on the website under the Parent tab. This provides an opportunity for families who qualify to receive EBT cards to assist with groceries. Parents can apply any time during the school year. The Admissions Director can provide assistance in completing the form if needed and applications are available in many languages if the form is needed in a language other than english.

CAFETERIA EXPECTATIONS

The cafeteria staff and designated staff members are responsible for the management and safety of students in the cafeteria. While in the cafeteria, students are expected to demonstrate SPARK (Safety, Partnership, Attitude, Responsibility, Kindness.)

- Students must remain seated in their assigned seats.
- Students should remain in organized lines while waiting to be served.
- Clean up all spills and trash and disinfect your table before leaving for dismissal.
- Arrive on time to the cafeteria for your scheduled lunch period.
- Follow the directions of the cafeteria staff the first time given.
- Use appropriate voice volume when inside the cafeteria.

CAFETERIA DISCIPLINE

1. First Violation: A student normally receives a warning from the cafeteria staff who will discuss the problem with the student. The parent may be notified regarding the behavior of concern by the staff.

2. Second Violation: A student may be asked to remain in the cafeteria for recess. The parent may be notified about the behavior by staff.

3. Third Violation: A student may be referred to the principal for disciplinary action which may involve a phone conference, parent meeting, or a disciplinary consequence.

SMART SNACKS POLICY

We are focused on the health of our school environment. One School requires that only snacks that meet the smart snacks requirement will be sold by any entity, including parent/student organizations, teachers, boosters, fundraisers, or the food and nutrition services department. These standards for snack sales are in effect from any time before school through 1/2 hour after school, in accordance with the Healthy Hunger-Free Kids Act, the USDA and our school Wellness Policy. Non-compliant foods may be sold from 1/2 hour after school through the evening.

Students in our school are offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch and Breakfast Program. The Smart Snacks in School standards published by the USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.

USDA NUTRITION STANDARDS FOR FOOD AND BEVERAGE

Any food sold in school must:

- Be a “whole grain-rich” grain product; Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits

- Snack items: ≤ 230 mg
- Entrée items: ≤ 480 mg

Fat limits

- Total fat: ≤ 35% of calories
- Saturated fat: ≤ 10% of calories
- Trans fat: zero grams

Sugar limit ≤ 35% of weight from total sugars in foods

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

Nutrient Standards for Beverages All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

UNPAID FOOD SERVICE CHARGES

Although this policy appears to be unnecessary this year given the government decision to fund all children for breakfast and lunch, the following policy is included here for reference in case paid lunch/breakfast are reinstated at any time this year.

Unpaid lunch and breakfast charges are a burden on our food service operation and timely payment of charges is an expected part of partnership for attendance at One School. Parents may call the Admissions Director for assistance and additional information at any time at the school office - 614-471-9270. The Admissions Director and the tuition system send periodic notices about unpaid overdue balances. Accounts must be current in order to re-enroll for the new school year.

WELLNESS POLICY

The leadership of One School has established the following policy as required by law to reinforce the importance of good nutrition and regular physical activity for student health and well being. We recognize that partnership with parents and our entire school community is essential to continually assessing and evaluating the strength of our overall wellness policies and practices.

Our school recognizes that we play an important role in helping students develop healthy nutrition and good eating habits by providing nutritious meals and snacks through our meal programs at school and encouraging, promoting and providing physical activity in a variety of ways.

Our staff and parents must partner together to continually challenge our students to be healthy and active. All adults in the school community will collaborate and support healthy behaviors.

The financial management of the food service program and the selection, preparation, consumption, and disposal of food and beverages shall comply with Federal and State regulations, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

FOOD SERVICE CIVIL RIGHTS STATEMENT AND COMPLAINT PROCEDURE

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. 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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.