Classroom Parties or Rewards

OPTIONS

100 % Juice
1% Fat Free Milk
100% Fruit
100 % Frozen Juice Bars
Frozen Yogurt
Fruit Rollups
Graham Cookies
Baked Chips
Trail Mix
Smart Pop Popcorn
Whole Wheat Pop Tarts

AVOID

Donuts
Cupcakes
Candy
Soda
Cake
Ice Cream
Cookies
Regular Chips

School Events

Food Ideas

BREAKFAST

Fresh Fruit Platters
Vegetable Platters with
Low or Non-fat Dressing
Yogurt
Bagels with Low-fat Cream
Cheese
Granola Bars
Reduced Fat Muffins
Granola Bars
Yogurt Parfait

LUNCH

Fresh Fruit Platters
Vegetable Platters with
Low or Non-fat Dressing
Deli Sandwiches
Entrée Salads
Low-fat Cheese

Please visit the Franklin-McKinley School District website
... Business/Child Nutrition Services... if you have any questions, please contact:

Alane Webb, Sodexo Food Service Consultant, at (408) 283-6132, or
alane.webb@fmsd.org
645 Wool Creek Dr · San Jose, California · 95112

FRANKLIN-McKINLEY SCHOOL DISTRICT
PREPARING ALL CHILDREN AS GLOBAL LEARNERS

Wellness Policy Resource Guide

February 2011

STUDENT Well-Being by sodexo

FRANKLIN-MC KINLEY FOOD GUIDELINES

Beverages:

- **Water without added sweetener.**
- **Milk – including soy, rice or nondairy.**
- **Fruit/Vegetable – 50% or greater fruit/vegetable juice with no added sweeteners.**

Snacks:

- **Nut items - *must verify with teacher regarding classroom allergies.**
- **Fruits**
- **Vegetables**
- **Dairy/Whole Grains – less than 35% calories from fat and less than 10% calories from saturated fat, less than 35% sugar by weight.**
- **Any snack item not more than 250 calories per item.**

BOARD POLICY FOR CLASSROOM PARTIES, TEACHER REWARDS, SCHOOL EVENTS, AND FUNDRAISING

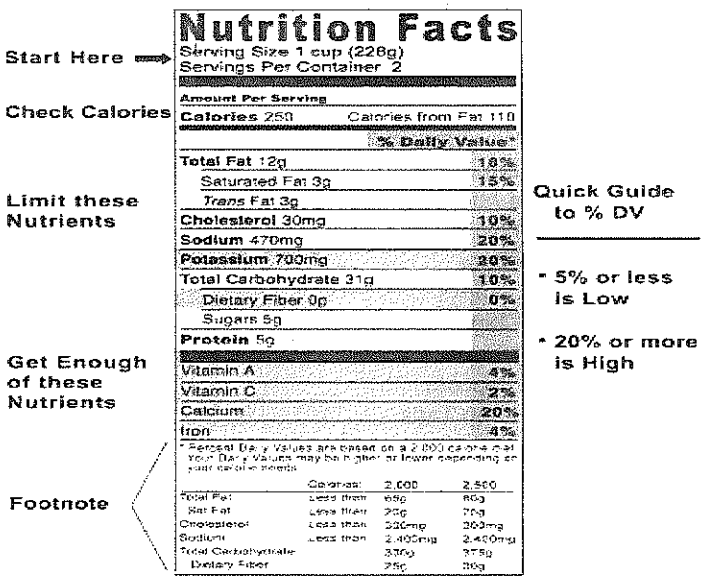
The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards.

The Superintendent or designee shall **allow** school organizations to **sell items not in compliance to the Franklin-McKinley Food Guidelines** for fundraising purposes **twice per year for each school. The Superintendent or designee** also shall **require** school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. **Food items must follow Franklin-McKinley's Food Guidelines.**

School staff shall **require** parents/guardians or other volunteers to support the district's **Franklin-McKinley's Food Guidelines** by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by **eliminating** foods or beverages that do not meet **Franklin-McKinley Food Guidelines**. Class parties or celebrations **are encouraged to** be held after the lunch period when possible and are required to follow the **Franklin-McKinley Food Guidelines. School wide functions need to submit a menu to the Wellness Committee for approval two weeks before the function. The Wellness Committee will assist the organization and make recommendations based on**

TOGETHER WE CAN STOP OBESITY

Reading nutrition labels



Calories—This is the number of calories you will consume in one serving of this product.
Total Fat—This tells you how much fat is in one serving. A low-fat food has 3 grams (g) or less of total fat per serving.
Saturated Fat—Saturated fat is included in the total fat. It is listed separately because saturated fat raises your blood cholesterol more than anything else in your diet.
Trans fat—Trans fat is formed by hydrogenation, a process in which heat and hydrogen are added to vegetable oil, changing it from a liquid into a solid. Franklin-McKinley School District meal program is "trans-fat-free."
Cholesterol—Cholesterol is found only in foods from animal sources. Try to keep your cholesterol intake to less than 300 milligrams per day. Too much cholesterol can lead to heart disease.
Sodium—We know this is "salt." A low sodium food has 140mg or less in one serving.
Carbohydrates—Carbohydrates are found in bread, pasta, rice, cereal, fruit, potatoes, starchy vegetables, and sweets. If you have diabetes, pay attention to total carbohydrate grams per serving, not just the sugar grams.
Dietary Fiber—It is important to eat lots of fiber because it can help reduce the risk of heart disease. Aim for 25 to 30g of fiber per day. It is found in whole grains, vegetables, and fruits. Franklin-McKinley-School District meal program serves whole grains in pizza, buns, cookies, bread, and corn dogs.
Sugars—Sugar is included in total carbohydrate grams. Sugar includes both naturally occurring sugar and added sugar.
Protein—Protein is found in both plant and animal foods, including fish, poultry, meat, eggs, beans, tofu, and nuts.

*Resource from the Permanente Medical Group, Regional health Education.

TOGETHER WE CAN STOP OBESITY