



Nutrition Services Department

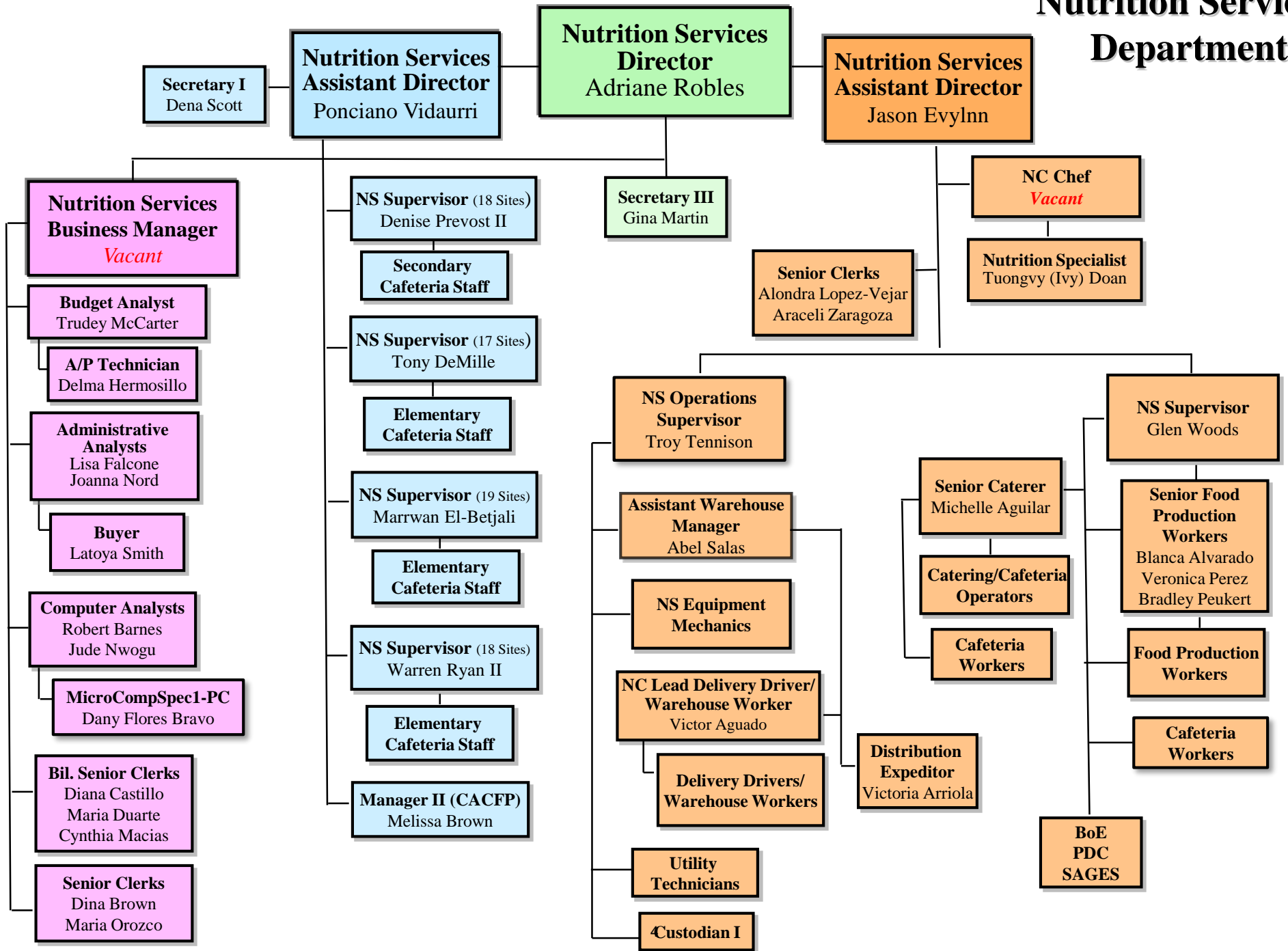


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Nutrition Services Department





Nutrition Services
 1257 Northpark Blvd.
 San Bernardino, CA 92407
 (909) 881-8000

We are here to answer any question you may have about Nutrition Services. Reach out to us and well respond as soon as we can.

Adriane Robles	Director	881-8008, x246
Gina Martin	Secretary III	881-8008, x246
Ponciano Vidaurri	Assistant Director	881-8008, x223
Dena Scott	Secretary	881-8008, x223
Jason Evylnn	Assistant Director	881-8008, x229
Troy Tennison	Operations Supervisor	881-8008, x245
Glen Woods	NS Supervisor	881-8008, x266
VACANT	Business Manager	881-8008, x231
Tony DeMille	NS Supervisor	881-8008, x234
Marrwan El-Betjali	NS Supervisor	881-8008, x265
Denise Prevost II	NS Supervisor	881-8008, x235
Warren Ryan II	NS Supervisor	881-8008, x233
Melissa Brown	NS Manager II (CACFP)	881-8008, x222
Tuongvy (Ivy) Doan	Nutrition Specialist	881-8008, x240
<u>CATERING</u>		
Michelle Aguilar	Senior Caterer	881-8008, x253
Jennifer Hawkins	Catering & Cafeteria Operator	881-8008, x252

On-line catering: <https://sbcusd.catertrax.com>

Tony Demille Cell # 841-6238	Marrwan El-Betjali Cell # 841-6236	Warren Ryan Cell # 841-5697	Denise Prevost II Cell # 841-5111
102-Alessandro	186-Anton	*724-Allred	302-Arrowview
110-Bradley	106-Barton	*602-Anderson	410-AVHS
196-Gomez	108-Belvedere	104-Arrowhead	*402-Cajon
198-Henry	116-Cole	190-Brown	318-Chavez
134-Inghram	118-Cypress	120-Davidson	320-Curtis
138-Kimbark	122-Del Rosa	199-Dominguez	306-Del Vallejo
142-Lincoln	124-Emmerton	*606-Harmon	308-GVMS
148 Monterey	126-Fairfax	130-Hillside	*412-Indian Spr.
150-Mt. Vernon	128-Hi-Pacific	194-Holcomb	310-King
152-Muscoy	132-Hunt	188-Jones	*510-MCHS
*158-N.Vdemont	140-Lankershim	136-Kendall	404-Pacific
324-Paakuma	156-Northpark	144-L. Creek	312-Richardson
164-Palm	162-Oehl	146-Marshall	*502-San Andreas
170-Rio Vista	166-Parkside	154-Newmark	406-SBHS
174-Roosevelt	322-Rodriguez	160-Norton	408-San G
114-Salinas	176-Thompson	168-Riley	314-Serrano
180-Vermont	182-W. Springs	172-Roberts	316-Shand. Hills
	184-Wilson	178-Urbita	*504-Sierra
Tri-City (COE)	192-Wong		
Youth Justice (COE)		SB City Comm. Day (Anderson)	
SUMMER ONLY SITES			
Delman Heights (Flores St) (Jul/Aug)			
Hernandez Center (Jul/Aug)			
CID (Jul/Aug)			
A	B	C	D

Supper Site

***=NO SNACK PROGRAM**

\$=Saturday School

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Nutrasaurus Rex, Foody Kangaroo, & Healthy Billy Bear

Dale Marsden, Ed.D.
Superintendent

Jayne Christakos
*Associate Superintendent
Business, Facilities, and Operations*

Adriane Robles, M.S., R.D.
Director, Nutrition Services

Ponciano Vidaurri
Assistant Director, Nutrition Services

Jason Evelylnn, M.S.
Assistant Director, Nutrition Services



Nutrition Services



Contact Us

1257 Northpark Blvd.
San Bernardino, CA 92407
Phone: (909) 881-8000
Fax: (909) 881-8016
Web: www.sbcusd.com
Hours: Monday- Friday (7:30 a.m. – 4:00 p.m.)



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San Bernardino, CA 92407
(909) 881-8000

About Us



The San Bernardino City Unified School District is the **10th largest** in the state of California. Faced with the challenge of feeding its growing student population, the District constructed a 46,000 sq. ft. Nutrition Center in 1991.

In 2003, to meet the demands of the districts estimated 2,000 new students annually, an expansion to the Center was completed. A Training Center and Child Care facility were also built. Nutrition Services Center now encompasses a combined total of 63,000 square feet!



PARTNERS THAT HELP ENRICH OUR STUDENTS HEALTH

The Alliance for a Healthier Generation is a promoter for children's health.



Healthy Schools Program

The Healthy Schools Program brings parents, school staff, and students together to turn campuses into healthier places. The Alliance works with **23 of our schools** in reducing the prevalence of childhood obesity and to empower our kids to develop lifelong, healthy habits. Founded by the American Heart Association and Clinton Foundation, they are collaborative change-makers working to create a nation where children thrive.

The Kid's Produce Market program helps alleviate child hunger in the Inland Empire by providing nutritious, healthy food to low-income students and their families one school day each month. **Lincoln Elementary** started this program in beginning of the 2015-2016 school year and soon after, **Muscoy Elementary** joined the program.



HEALTHY SBCSS Nutrition Education and Obesity Prevention Program

The SBCSS Nutrition Education Team brings fun nutrition activities to local schools and teaching education classes to low-income families in our school district. The programs empower teachers and parents to make room for fruits and vegetables, physical activity, and to speak up for healthy changes. A variety of free programs are offered to schools with at least 50 percent of students eligible for the Free and Reduced Meals Program.

Partnerships

HANDS ON LEARNING OPPORTUNITY



Nutrition Services Department stands strongly on enriching and guiding students on their future career paths. We work closely with students from high school and colleges around San Bernardino. While high school students are thinking about their future careers, Nutrition Services assures students that it takes a whole team of skilled individuals to run a dynamic operation and that there is a place for almost anyone. If students

are interested in anything from being a director, delivery driver, food production worker, field supervisor, secretary, business manager, accountant, dietitian, computer analyst or program manager, they are always welcomed to become a volunteer or an intern to learn more about future career plans.

DIETETIC INTERNS



LOMA LINDA
UNIVERSITY

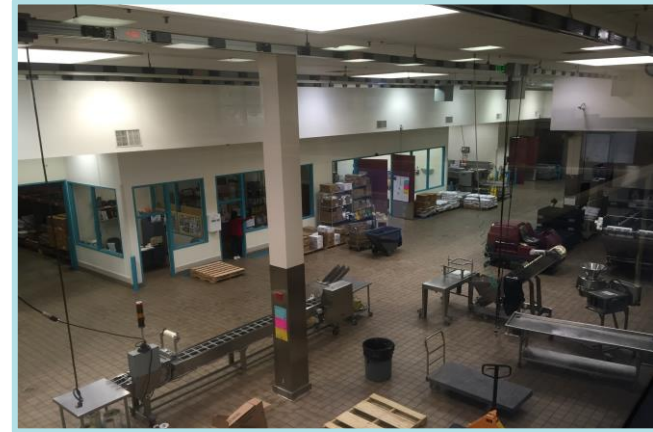
We have an intern partnership with colleges and other agencies to help their students gain

experience in school food service. These interns are working on their way towards becoming a Registered Dietitian. The dietetic interns work closely with the department dietitian in which he/she will gain experience in menu planning, modified diet menu, nutrition education, student surveys, product and nutrient analysis, and much more! The dietetic interns also rotate between different departments within Nutrition Services so they can get an overall view of how the department operates.

INFORMATION & TECHNOLOGY INTERNS

Our IT Department employs part-time interns that gain hands-on experience with our point of sales software and hardware. Also, they get to learn the importance of IT's role in a business environment.

Fun Facts!



The Center is a self-contained, energy efficient building.

- We have a refrigeration and freezer capacity of over 22,000 sq. ft. In comparison, the average home is only about 2000 square feet.
- We produce our meals in a 16,000 sq. ft. food production area.
- Our dry storage area encompasses nearly 10,000 square feet, with pallet racks 4 tiers tall. We need a special forklift just to reach that height!
- Office space for our employees is over 7,000 square feet.
- A 45,000 lb. chilled water system is a closed loop that constantly recycles water during the day.
- We have our own 10,000 gallon gas island that provides fuel for our fleet of delivery trucks and catering vehicles. Buying in bulk saves money.
- Our own bailer allows for the recycling of 20 tons of cardboard yearly. Which is great for the environment!

MEAL DELIVERY



Meals are delivered to each site from the Nutrition Center the day before they are served. Foods are kept refrigerated or frozen and are heated just before breakfast and lunch time. This procedure provides fresh, attractive meals for both students and staff.

Overview of Programs



The District participates in the School Breakfast Program, the National School Lunch Program, the Child and Adult Care Food Program, and summer feedings (Seamless Summer Feeding Option). Funding for these programs are provided by the federal and state governments. Meals are available at no cost for those students who qualify according to the guidelines established by the United States Department of Agriculture (USDA). Applications to this program are available at each school site or on the District website and they must be renewed each year.



Nutrition Services also participates in the Harvest of the Month. Each month, a fruit or vegetable is showcased in which we discuss the nutrients, the benefits, the harvest, and the growth of the selected special produce. The produce is served on the salad bar for students to test and talk about!



As movement towards eco consciousness, every Friday we make an effort to provide a meatless option for our students. By going meatless at least once a week, it may reduce the risk of chronic preventable conditions like cardiovascular disease, diabetes, and obesity.

Other Service



Nutritional Education

At the elementary level, a cast of life-sized characters educate and entertain the students. Led by Nutrasaurus Rex, the department's mascot, kindergarten through third grade students learn basic nutrition concepts. Specialized nutrition education programs can be designed, if requested by a principal. Registered

dietitians on staff also educate parent groups on quick and nutritious food ideas.

Catering

Our Catering Department can handle District events from continental breakfasts, to buffet luncheons, to formal dinners. This convenience provides an affordable, quality service to District employees. Authorized employees can access the catering website via the District website – www.sbcusd.com. Don't forget to order our famous cookies!



Tour Our Facility

Tours of the Nutrition Center are available for both student and adult groups. For many elementary classes, a trip to the Center is a popular field trip destination. Call us at 909-881-8000 to set up a tour date!

Join Our Committee

We invite the general public and the school community (including parents, students, representatives of the Nutrition Services Department, teachers of physical education, school health professionals, the School Board, and school Administrators) to be part of the Student Wellness Subcommittee. Meetings are held quarterly to discuss policy revisions and share ideas on policy implementation. Contact Nutrition Services for more details.



Community Eligibility Provision

INCOME SURVEY

Through the Community Eligibility Provision, all of our school sites are provided with free breakfast and lunch to all students that attends that school. Students are able to access free nutritious meals and parents no longer have to worry about filling out a meal application. Although meal applications are no longer needed, we still **new** students to the District to complete an income survey for the 2019-2020 school year. By completing the income survey, schools receive funding for books, computers, and school supplies! Income surveys can be filled out online at <https://onlineincomesurvey.sbcusd.com> or paper surveys are available at your school site or the Nutrition Center.



Meal Pattern

Breakfast and lunch are available each day to all students who attend school. We also provide sack lunches, upon request, when students go on field trips. Our Department also provides lunch to students off-track at selected schools throughout the entire year.

What do we include in our menus?

As set forth by the USDA, Nutrition Services is required to provide meals that comply with the Dietary Guidelines for Americans and serve the following components:

<p>Breakfast</p> <p>Fruit – 1 Cup</p> <p>Grains – 1-2 Serving</p> <p>Milk – 8 Ounces</p>	<p>Lunch</p> <p>Fruits – ½ Cup – 1 Cup</p> <p>Vegetables – ¾ Cup – 1 Cup</p> <p>Grains – 1 – 2 Servings</p> <p>Protein – 1 – 2 Servings</p> <p>Milk – 1 Cup</p>
<p>Snack (Select 2 of the 4)</p> <p>Fruit/Vegetable – ¾ Cup</p> <p>Grains – 1 Serving</p> <p>Protein – 1 Serving</p> <p>Milk – 1 Cup</p>	<p>Supper</p> <p>Fruits – ½ Cup</p> <p>Vegetables – ½ Cup</p> <p>Grains – 1 Serving</p> <p>Protein – 1 Serving</p> <p>Milk – 1 Cup</p>
<p>Current meal prices are as follows:</p>	
<p>Breakfast:</p> <p>Elementary: \$1.35</p> <p>Secondary: \$1.45</p>	<p>Lunch:</p> <p>Elementary: \$2.30</p> <p>Secondary: \$2.55</p>

Because of USDA regulations, all meals must be consumed by students only and food cannot be taken off school property.

In addition, the following criteria must be met before an item is placed on the menu:

- All items are taste-tested by students and must have a high approval rating.
- Meal consumption is monitored on an ongoing basis to ensure product acceptability.
- Annual student surveys dictate menu development.

Computers & Technology



With the use of computers in our serving lines, service time is not only quicker, but students do not have to worry about the hassles of carrying their lunch money to school every day. With this system, parents can prepay for meal service weekly or up to a year in advance. The money is then deposited into their children's accounts. Students use their student identification number on a keypad prior to receiving their meal. The meal is then charged to their account. Accounts can be accessed through www.paypams.com. Through here, you can add money or check the balance of an account.

Online Services

paypams
Parent Account Management System

A simple, safe and secure online portal for the payment of school meals.



PayPAMS is a safe and convenient way to make school meal and fee payments. Parents can make automatic payments, set up low balance

alerts, view account balances and history, and view meal and snack purchases. There is a piece of mind knowing that there will be no more lost lunch money! To set up a PayPAMS account, visit the website at www.paypams.com. The app can also be downloaded onto any iOS or Android mobile device.



Visit us at www.sbcusdnutritionservices.org for information on:

- Meal Application
- Income Surveys
- Online Menus
- Nutritional Information
- Nutrition Education & Fitness
- And more!

New! Free Mobile Menu App



WEB MENUS

School menus can be viewed online through our website at www.sbcusdnutritionservices.org or you can download the app on your mobile device. To download the app, search for "Web Menus by School Nutrition & Fitness" in the app store. On the app, you can view the school menu, check the nutritional facts, check for allergens, and even rate the menu items! The menu app can be downloaded through Google Play

from Android devices or the on Apple devices.



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Services Offered by NS Bulletins

- Community Eligibility Provision (CEP)
- Income Survey For CEP Sites
- PayPAMS for Students and Staff
- School Nutrition and Fitness – Nutritional Analysis Meal Application
- Services offered by Nutrition Services (Attachments)
 - Sack Breakfast/Lunch for Field Trips Form
 - Field Trip Sack Meal Count Procedures
 - Pizza Party Form
 - Nutrasaurus Rex Visit to K-3 Grade Classrooms
 - Tours of the Nutrition Center
- Special Dietary Needs (Attachments)
 - Medical Statement to Request Special Meals and/or Accommodations
- Elementary School Student Cafeteria Workers Positive Permission Slip Procedures (Attachments)
- CAASPP Testing (Snacks)

Business Services

*Accounting Services Business Services Employee Benefits Facilities Planning and Development
Fiscal Services Information Technology Maintenance and Operations Nutrition Services Payroll
Purchasing Safety Transportation Warehouse Workers' Compensation*

“Quality Work by Quality People”

To: All Principals **Bulletin No. 19-037**


From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Community Eligibility Provision (CEP)**

The Community Eligibility Provision (CEP) allows local educational agencies (LEAs) in high-poverty areas to offer school breakfast and lunch through the National School Lunch and Breakfast Programs to all students at no cost.

- **All** San Bernardino City Unified School District school sites qualify for the 2019-2020 school year.
- No Free/Reduced Price Meal Applications.
- Eliminates meal charges and alternate meals.

Title I and LCFF still require the district to collect income information for households with new students to SBCUSD that are not directly certified at CEP school sites. This income survey will be provided to households as a hard copy and online in both English and Spanish. The results of the income survey will provide the district with data to determine the percentage of students that qualify for free or reduced eligibility.

 **To expedite this process, parents have the option of completing the income survey online by logging on to <http://onlineincomesurvey.sbcusd.com> (SBCUSD Online Income Survey). School sites may also put the online income survey link on their school webpage for easier accessibility to parents.**

If you have any further questions, please contact Nutrition Services at 881-8000. Thank you for your assistance.

Business Services

*Accounting Services Business Services Employee Benefits Facilities Planning and Development
Fiscal Services Information Technology Maintenance and Operations Nutrition Services Payroll
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“Quality Work by Quality People”

To: All Principals

Bulletin No. 19-038

From: Adriane Robles, Director
Nutrition Services

July 29, 2019

Subject: **Income Survey for All School Sites**

Local Control Funding Formula (LCFF) and other school funding programs requires income data for students attending a Community Eligibility Provision (CEP) school site. All **new** students to SBCUSD that are **not** directly certified, must complete an income survey for the 2019-2020 school year. Your assistance is needed to ensure all surveys are submitted to the cafeteria staff immediately upon receipt to minimize processing time that determines student eligibility.



To expedite this process, parents have the option of completing the income survey online by logging on to <http://onlineincomesurvey.sbcusd.com> (SBCUSD Online Income Survey). School sites may also put the online income survey link on their school webpage for easier accessibility to parents.

So that your staff can better assist parents to expedite their student(s) income survey, please share the following information:

- **Only one survey per household with new students to SBCUSD should be submitted even when students in the same household attend *different* schools.**
- To expedite the processing time, turn in all surveys received to your School Cafeteria daily.
- The surveys are **WHITE** with **RED** and **GREEN** ink with the current school year across the top and bottom. English and Spanish income surveys are included together.
- New student(s) are to be given an income survey on their first day of attendance.
- The income survey data is good for the remaining two of the four years of the CEP cycle.
- Data from the income surveys and number of students directly certified at your site will determine your free and reduced percentage.

If you have any further questions, please contact Nutrition Services at 881-8000. Thank you for your assistance.

IMPORTANT – INCOME SURVEY REQUIRED

July 1, 2019

Dear Parents/Guardians,

Your child's school is participating in the Community Eligibility Program (CEP) for the 2019-20 school year which provides nutritious meals at no charge each school day.

Please fill out the attached Income Survey and return the completed form to your child's school by **September 6, 2019**; only one income survey per family. **All families with new students to SBCUSD are required to complete a new income survey for the 2019-2020 school year.**



You can also complete the income survey online (in English or Spanish) at <https://onlineincomesurvey.sbcusd.com/LCFF>

By filling out this income survey, you help ensure that your child's school continues to receive the full funding needed for their education.

If you have any questions, or need help completing the income survey, please contact Nutrition Services at (909) 881-8000.

Thank you for your assistance,



Jayne Christakos
Associate Superintendent Business, Facilities, and Operations
San Bernardino City USD

IMPORTANTE- ENCUESTA DE INGRESOS REQUERIDA

1ro de julio, 2019

Estimados padres/guardianes,

La escuela de su hijo(a) está participando en el Programa de Elegibilidad de la Comunidad (CEP) para el año escolar 2019-20, el cual provee alimentos saludable sin ningún costo cada día de escuela.

Por favor llene la encuesta de ingresos adjunta y regrésela completa a la escuela de su hijo(a) a más tardar el **6 de septiembre, 2019**; solamente una encuesta de ingresos por familia. **Todas las familias que tengan estudiantes nuevos que van a ingresar a SBCUSD, deben completar una nueva encuesta para el año escolar 2019-2020.**



También puede completar esta encuesta en línea (en inglés o español) al <https://onlineincomesurvey.sbcusd.com/LCFF>

Al llenar esta encuesta de ingresos, ayuda a asegurar que la escuela de su hijo(a) continúe recibiendo todos los fondos necesarios para su educación.

Si tiene alguna pregunta o necesita ayuda para completar la encuesta, favor de llamar a Servicios de Nutrición al 909-881-8000.

Gracias por su asistencia,



Jayne Christakos
Superintendente asociada de negocios, instalaciones y operaciones
Ciudad de San Bernardino USD

Business Services

*Accounting Services Business Services Employee Benefits Facilities Planning and Development
Fiscal Services Information Technology Maintenance and Operations Nutrition Services Payroll
Purchasing Safety Transportation Warehouse Workers' Compensation*

“Quality Work by Quality People”

To: All Principals **Bulletin No. 19-039**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Parent Account Management System (PayPAMS) for Students and Staff**

The Nutrition Services Department is pleased to provide PayPAMS, an online payment system. It is available for all your students and staff to make payments for their Nutrition Services meal accounts, with easy online access. Please share this exciting news to your students and staff.

The following are the benefits:

- Pay meal account from the convenience of your home or office.
- View your meal account balance.
- Schedule automatic payments based on account balance.
- Receive low balance email reminders.
- View daily spending reports and cafeteria purchases.
- No more lost money!

To register and create an account, go to www.PayPAMS.com and click the “**Register Now!**” button on the home page.

Please note: PayPAMS will charge a \$1.95 service fee every time money is added to an individual student or adult meal account.



The PayPAMS Mobile App provides users with options to make payments, views student’s meal account balances, cafeteria purchases, and the last three (3) payments on account. They can even personalize the app by adding student pictures.

If you have any further questions, please contact the Nutrition Services Business Manager at 881-8000.

Pre-pay for School Meals at www.paypams.com or using the PayPAMS Mobile App



Money goes directly into your child's account.
No more lost money!



CURRENT USERS

Tips for the beginning of the school year:

1. **Login to the site at least one week before the beginning of the school year.** Check that your credit/debit card on file has not expired, your email address is updated, and that your automatic payment plan's stop date has not expired.

2. **Forgot Password:** If you previously registered with PayPAMS but forgot your password, go to PayPAMS.com, click 'Login' then click on the 'Forgot Password' link. If you were unable to retrieve your password through the 'Forgot Password' link, contact customer support from the 'Contact Us' page. Do not register again. Note: passwords are case sensitive.



3. **Balance Transfer from Year to Year:** Any remaining student meal account balance will automatically transfer to the next school year.

Important note: If your child moved from one school to another within the same school district, it may take a day or two from the beginning of the school year to transfer the remaining balance from the old school to the new school. During that time period, the balance on PayPAMS may show as \$0.00. If you are not sure if your child's account had a remaining balance from the previous school year, we recommend you make a payment.

4. **Refunds:** PayPAMS processes refunds only for the exact payment amount. If the student has already used some of the money, or has graduated, please contact the school district.

5. **Moved to a different school district:** If you moved to a different school district, you can keep the same username and password information. Login to your account, go to 'Contact Us' and select subject 'Moved from District'. Do not register again. Note: PayPAMS cannot transfer money from one school district to another. Contact your previous school district for refunds.

NEW USERS

Sign Up Now:

1. Go to PayPAMS.com and click on the '**Sign Up Now!**' button on the home page.
2. Select **your state**, then select your **school district**.
3. **Create a username and password** and enter your contact information.
4. **Add children** to your account.
5. **Make payments or set up automatic payments** based on low balance.

HELPFUL TIPS

When Registering:

1. **Username:** Create a unique username. If the system indicates that the username is taken, select a different username.
2. **Duplicate Accounts:** If the system indicates that an account already exists with the same phone number or email address, contact customer support from the 'Contact Us' page.
3. **Meal Account Balance and Cafeteria Purchases:** It takes 1-2 school days before balances and cafeteria purchases information for new registrants can be displayed. However, you can make payments immediately upon registration. If you cannot view balances two days after you added the student to the account, contact customer support from the 'Contact Us' page.



Helpful Tips for using www.paypams.com

PAYMENTS

- Posting Payments:** It takes one to two school days for a payment to replenish your child's account at the school cafeteria. Your balance on PayPAMS website will reflect your recent payment only after the school cafeteria confirms receipt of payment.
- Payment Confirmation:** When a payment is processed, a confirmation number will be displayed and an email will be sent verifying that the payment was processed. If a confirmation number is not displayed, the payment was not processed.
- Declined Payments:** If your payment is declined, verify that all billing information is correct. If all information is correct and payment is still declined, contact the issuing credit card company for further information. Reasons a card can be declined: insufficient credit/funds in account, incorrect billing information entered, closed credit card account, or credit card expiration date.
- Payments for the same student from two separate accounts:** To prevent duplicate accounts, PayPAMS allows associating a student to only one account. If both parents/guardians cannot share the same username and password, contact customer support from the 'Contact Us' page.
- Convenience Fees:** Depending upon the school district, a nominal convenience fee may be charged to cover the cost of processing payments and maintaining the website. To check if your school district charges a convenience fee, please click '**Sign Up Now!**' on the PayPAMS homepage, then select your state and school district.
- Credit Card Types:** PayPAMS accepts both credit and debit cards. When registering, please check which cards your district accepts.
- Credit Card / Bank Statement:** PayPAMS payments will show up on your credit card/bank statement as payments to 'PayPAMS.com', or 'PAMS-<your school district> CO'
- Payments at the School Cafeteria:** For questions regarding cash or check payments submitted directly at the school cafeteria, please contact the school cafeteria directly. Do not contact PayPAMS.

NEED ASSISTANCE?

Please visit PayPAMS.com and click '**Help**' to navigate to PayPAMS Help Center!



LOW BALANCE EMAIL NOTIFICATIONS

- Email Notifications:** To make sure emails from PayPAMS are not blocked, add customerservice@paypams.com to your address book and safe list.
- Change of Email address:** If you change your email address be sure to update your user profile on PayPAMS.

LOW BALANCE AUTOMATIC PAYMENTS

- Low Balance Automatic Payments Trigger:** PayPAMS recommends triggering automatic payments when the student meal account balance falls below \$12.00. Having a lower 'minimum balance' when setting up Automatic Payments may not allow enough time to replenish your child's account.
- Automatic Payment Confirmation:** If you sign up for Automatic Payments, you will receive an email confirmation of the payment, including current balance.
- Declined Automatic Payment:** Your automatic payment will not be processed if the card was updated, declined, expired, or if the 'Stop Date' that was set initially has passed.

COMO REGISTRARSE

- En PayPAMS.com haga clic el botón de '¡Inscríbete Ahora!' en la Pagina de Inicio.
- Seleccione su estado y distrito escolar
- Cree un Usuario y contraseña e introduzca su información de contacto
- Añadir niños a su cuenta

¿PREGUNTAS?

Haga clic en '**Help**' en la página inicial de PayPAMS.com

CAFETERIA PURCHASES

While PAMS displays cafeteria purchases, we do not regulate what the children are purchasing or eating. For questions regarding purchases at the cafeteria, contact the school cafeteria directly. Student Activity is only displayed from the day the student was added to PAMS. Data is available for 90 days.

KEEP THIS FOR REFERENCE:

USERNAME _____

PASSWORD _____

San Bernardino City Unified School District, Nutrition Services Presents:



A NEW mobile app to view menus on the go.

An easy way to get the Nutritional Value of every menu item.

Welcome, **January 2017** Lunch Menu

Winter Recess

HAPPY NEW YEAR!
Let's Celebrate the New Year!

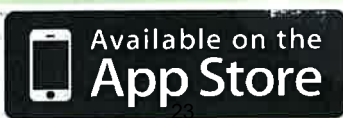
Let's get a good nutrition plan for the new year. We will be focusing on healthy eating and staying active. We will be having a special event on January 12th. We will be having a special event on January 12th. We will be having a special event on January 12th.

Check All	Portion Size	Calories	Total Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrate	Dietary Fiber	Sugar	Protein
Hamburger on a Bun		319.825	15.879	3	8	40	338.128	27.186	2.813	2.813	16.553
OR											
Corn Dog		242	8	0	2.5	48	390	10	0	0	9
Baked Potato Wedge	2.28oz	112	3.733	0	0.487	4.007	140	19.5	1.857	0	1.857
Fresh Apple Sliced	2.88oz	82	0.162	0	0.023	0	0.888	7.83	1.4	0	0.147
California Mixed Greens	1	7	0.07	0	0.009	0	10	1.486	0.8	0	0.45
Great Green Beans	2.28oz	15	0	0	0	0	140	3	2	1	1
Italian Dressing		12	0	0	0	0	130	2.3	1	0.5	0.5



The ability to view or print the menus from a computer.

Find out more by visiting us online at www.sbcusdnutritionservices.org or download the app on your mobile device!



Scan the QR code to go directly onto our website.



WELCOME TO OUR NEW SITE

www.sbcusdnutritionservices.org

FRESH DESIGN

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DOCUMENTS ON DEMAND

...AND MUCH MORE!



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To: All Principals **Bulletin No. 19-031**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Services Offered by the Nutrition Services Department**

We would like you to be aware of the following services that Nutrition Services is able to offer each school site. Please remember that a ten (10) day advance notice on any of these services is required.

The services are as follows:

▪ **Sack Breakfast/Lunch**

We furnish sack breakfasts to take along on field trips if the students are leaving before or during breakfast and sack lunches are provided for field trips or picnics at your site (Sack Meal Form and Field Trip Meal Count Procedures attached).

▪ **Pizza Party**

We can furnish the pizza for your pizza parties, as well as, additional components to provide a nutritious meal (Pizza Order Form attached).

▪ **Nutrasaurus Rex (Kindergarten - 3rd Grades)**

Our mascot is available to provide nutrition education in the classroom. Contact the Nutrition Center (909) 881-8000, x223 to set up a date and time (IOC attached).

▪ **Tours of the Nutrition Center**

Tours are available upon request. Call the Nutrition Center at (909) 881-8000 to set a date and time.

Please send your requests on the appropriate forms. Your Nutrition Services Cafeteria Manager/Serving Kitchen Operator has additional forms. If you have any further questions, please contact your site assigned Nutrition Services Supervisor.

Sack Meal Form

Please provide signed form with **TEN WORKING DAY'S NOTICE** to your Serving Kitchen Operator

School _____

Delivery Date _____

Teacher _____

Date of Trip _____

Room Number _____

Time Leaving _____

Total Number of **Breakfasts** Needed _____

Total Number of **Lunches** Needed _____

Principal's Signature

Date

SKO Signature

Date Received Completed Form

White – Serving Kitchen Operator
Yellow – Production Supervisor

Date Received at Nutrition Center

CF-4 (Rev. 7/07)



Nutrition Services Department
Interoffice Memorandum

(909) 881-8000

TO: All Principals

FROM: Adriane Robles, Nutrition Services Director *AR*

DATE: July 29, 2019

SUBJECT: Field Trip Meal Count Procedures

Nutrition Services can provide breakfast/lunch sack meals to students participating in field trips. When using this service, the following Meal Counting Procedures are required.

- Sack meals must be ordered ten (10) working days before they are required. Submit the orders on a Sack Meal Form (CF-4) to your Serving Kitchen Operator/Cafeteria Manager.
- Three days before the field trip, each teacher attending and responsible for a class attending the field trip, needs to provide their Class Roster showing the names of students requiring a sack meal to your Serving Kitchen Operator/Cafeteria Manager.
- The day of the field trip, each teacher will need to pick up the sack meals for their class from the Serving Kitchen Operator/Cafeteria Manager along with their Class Roster.
- At breakfast and/or lunch time, the teacher will need to hand out the sack meals and make a check mark (✓) next to each student's name on the Class Roster as they are given their sack meal.
- On the same day of field trip return, the completed Class Roster should be placed in the kitchen's mailbox. If the roster is not received, this will result in a potential charge to your school site.

If you have any further questions, please contact your assigned Nutrition Services Supervisor.

PIZZA PARTY ORDER FORM

The Nutrition Department will provide components for your pizza party. The following items will be sent:

- Pepperoni Pizza
- Garden Salad
- Baby Carrots
- Fresh Fruit
- Milk

School _____

Date Ordered _____

Teacher _____

Date Ordered _____

Room Number _____

Total Number of Students _____

Please provide three signed copies with ten working days' notice to your Serving Kitchen Operator.

Principal's Signature & Date

Retain one copy for site.

Send one copy each to:

- Supervisor
- Distribution

Nutrition Services Department
Interoffice Memorandum

(909) 881-8000

TO: K-3rd Grade Teachers

FROM: Adriane Robles, Nutrition Services Director *AR*

DATE: July 29, 2019

SUBJECT: Nutrasaurus Rex

Nutrition Services would like to offer your students entertaining nutrition instruction presented by the Nutrition Services staff with the help of Nutrasaurus Rex (the big green dinosaur). Rex is most enjoyed by our students in Kindergarten through Third Grade. The students are captivated by the possibility that he might even be “real” and eats many of the same types of foods that they do but in dinosaur-sized portions.

A little preparation also makes the lesson more fun for the students. Please try to review the USDA Food Guide “My Plate” with your class (Proteins, Fruits, Vegetables, Grains, and Dairy Products) prior to the lesson (attached). Since we know that the majority of children do not eat the suggested five to six servings of the nutrient-rich fruit and vegetable foods each day, this can also be an emphasis.

Please consider Nutrasaurus Rex in your lesson planning, and make a reservation by contacting Nutrition Services at (909) 881-8008, x223.

Thank you.





Local Foods MYPLATE MENU



LIST YOUR MENU ITEMS USING THE TIPS BELOW:



TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Vary your protein routine.
- Limit sodium, saturated fat, and added sugars.



DRAW YOUR MENU!



Choose **MyPlate**.gov

#MyPlateMyState





10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

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To: All Principals **Bulletin No. 19-032**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Special Dietary Needs**

The Nutrition Services Department has a District policy (BP 5141.27) for providing modified menus for students who have special dietary needs and are unable to consume the regular lunch or breakfast menu items. This policy is in accordance with Federal and State regulations that require medical documentation of a student's special dietary needs. The attached **Medical Statement to Request Special Meals and/or Accommodations** (Rev. 8/2017) form must be completed and signed by a licensed physician, physician assistant, or nurse practitioner.

Nutrition Services should be informed of any student who is unable to consume meals normally served at their school. Every effort will be made to meet the nutritional needs and/or disability limitations of each student. The medical statement must identify:

1. The disability or medical condition and an explanation of why the disability/medical condition restricts the child's diet.
2. The major life activity affected by the medical condition (i.e., anaphylactic shock due to a food allergy).
3. The food(s) to be omitted from the diet.
4. The food or choice of foods that must be substituted.

The medical statement must be updated on an annual basis and a copy of the form will be kept on file in the cafeteria.

If you have any questions, please contact your site assigned Nutrition Services Supervisor or Nutrition Specialist at (909) 881-8000.

MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

1. School or Agency	2. Site Name	3. Site Phone Number	
4. Name of Child or Participant		5. Age or Date of Birth	
6. Name of Parent or Guardian		7. Phone Number	
8. Description of Child or Participant's Physical or Mental Impairment Affected:			
9. Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:			
10. Indicate Food Texture for Above Child or Participant:			
<input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed			
11. Foods to be Omitted and Appropriate Substitutions:			
Foods To Be Omitted		Suggested Substitutions	
12. Adaptive Equipment to be Used:			
13. Signature of State Licensed Healthcare Professional*	14. Printed Name	15. Phone Number	16. Date

***For this purpose, a state licensed healthcare professional in California is a licensed physician, a physician assistant, or a nurse practitioner.**

The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant.

INSTRUCTIONS

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, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

1. **School or Agency:** Print the name of the school or agency that is providing the form to the parent.
2. **Site:** Print the name of the site where meals will be served.

3. **Site Phone Number:** Print the phone number of site where meal will be served.

4. **Name of Child or Participant:** Print the name of the child or participant to whom the information pertains.
5. **Age of Child or Participant:** Print the age of the child or participant. For infants, please use date of birth.
6. **Name of Parent or Guardian:** Print the name of the person requesting the child or participant's medical statement.
7. **Phone Number:** Print the phone number of parent or guardian.
8. **Description of Child or Participant's Physical or Mental Impairment Affected:** Describe how the physical or mental impairment restricts the child or participant's diet.
9. **Explanation of Diet Prescription and/or Accommodation to Ensure Proper Implementation:** Describe a specific diet or accommodation that has been prescribed by the state healthcare professional.
10. **Indicate Texture:** If the child or participant does not need any modification, check "Regular".
11. **Foods to be Omitted:** List specific foods that must be omitted (e.g., exclude fluid milk).
Suggested Substitutions: List specific foods to include in the diet (e.g., calcium-fortified juice).
12. **Adaptive Equipment to be Used:** Describe specific equipment required to assist the child or participant with dining (e.g., sippy cup, large handled spoon, wheel-chair accessible furniture, etc.).
13. **Signature of State Licensed Healthcare Professional:** Signature of state licensed healthcare professional requesting the special meal or accommodation.
14. **Printed Name:** Print name of state licensed healthcare professional.
15. **Phone Number:** Phone number of state licensed healthcare professional.
16. **Date:** Date state licensed healthcare professional signed form.

Citations are from Section 504 of the Rehabilitation Act of 1973, Americans with Disabilities Act (ADA) of 1990, and ADA Amendment Act of 2008:

A person with a disability is defined as any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such an impairment.

Physical or mental impairment means (a) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems: neurological; musculoskeletal; special sense organs; respiratory; speech; organs; cardiovascular; reproductive, digestive, genito-urinary; hemic and lymphatic; skin; and endocrine; or (b) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities.

Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.

Major bodily functions have been added to major life activities and include the functions of the immune system; normal cell growth; and digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.

"Has a record of such an impairment" means a person has, or has been classified (or misclassified) as having, a history of mental or physical impairment that substantially limits one or more major life activities.

DECLARACIÓN MÉDICA PARA SOLICITAR COMIDAS ESPECIALES O ADAPTACIONES

1. Escuela o agencia	2. Nombre del lugar	3. Teléfono del lugar	
4. Nombre del niño o participante		5. Edad o fecha de nacimiento	
6. Nombre del padre, madre o tutor		7. Teléfono	
8. Descripción del impedimento físico o mental afectado del niño o participante:			
9. Explicación de la dieta prescrita o adaptación para asegurar una implementación adecuada:			
10. Indique la textura de los alimentos para el niño o participante mencionado anteriormente:			
<input type="checkbox"/> Normal <input type="checkbox"/> Picada <input type="checkbox"/> Molida <input type="checkbox"/> Puré			
11. Alimentos que deben excluirse y sustituciones apropiadas:			
Alimentos que deben excluirse		Sustituciones sugeridas	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
12. Equipo de adaptación que se debe usar:			
13. Firma del profesional de la salud con licencia del estado*	14. Nombre con letra de imprenta	15. Teléfono	16. Fecha

*Para este propósito, un profesional de la salud con licencia del estado en California es un médico, asistente médico o enfermera practicante con licencia.

La información en este formulario debe actualizarse para reflejar las necesidades médicas y nutricionales actuales del participante.

INSTRUCCIONES

De conformidad con la ley federal de derechos civiles y los reglamentos y las políticas de derechos civiles del Departamento de Agricultura de EE. UU. (U.S. Department of Agriculture, USDA), se prohíbe al USDA, sus agencias, oficinas y empleados y a las instituciones que participan o administran programas del USDA a discriminar por motivos de raza, color, origen nacional, sexo, discapacidad, edad, o represalias o venganza por actividades previas relacionadas con los derechos civiles, en cualquier programa o actividad realizado o financiado por el USDA.

1. **Escuela o agencia:** Escriba con letra de imprenta el nombre de la escuela o agencia que le proporcionó el formulario al padre o madre.
2. **Lugar:** Escriba con letra de imprenta el nombre del lugar en que se servirán las comidas.

3. **Teléfono del lugar:** Escriba con letra de imprenta el número de teléfono del lugar en que se servirán las comidas.
4. **Nombre del niño o participante:** Escriba con letra de imprenta el nombre del niño o participante a quien pertenece la información.
5. **Edad del niño o participante:** Escriba con letra de imprenta la edad del niño o participante. Para bebés, use la fecha de nacimiento.

6. **Nombre del padre, madre o tutor:** Escriba con letra de imprenta el nombre de la persona que solicita la declaración médica del niño o participante.
7. **Teléfono:** Escriba con letra de imprenta el número de teléfono del padre, madre o tutor.
8. **Descripción del impedimento físico o mental afectado del niño o participante:** Describa cómo el impedimento físico o mental restringe la dieta del niño o participante.
9. **Explicación de la dieta prescrita o adaptación para asegurar una implementación adecuada:** Describa la dieta específica o adaptación que ha sido prescrita por un profesional de la salud con licencia del estado.
10. **Indique la textura de los alimentos para el niño o participante mencionado anteriormente:** Si el niño o participante no necesita alguna modificación, marque "Normal".
11. **Alimentos que deben excluirse:** Indique los alimentos específicos que deben excluirse (por ejemplo, excluir la leche líquida).
Sustituciones sugeridas: Indique los alimentos específicos que deben incluirse en la dieta (por ejemplo, jugo fortificado con calcio).
12. **Equipo de adaptación que se debe usar:** Describa el equipo específico necesario para ayudar al niño o participante a comer (por ejemplo, taza con pajilla, cuchara de mango largo, muebles con acceso para silla de ruedas).
13. **Firma del profesional de la salud con licencia del estado:** Firma del profesional de la salud con licencia del estado que solicita la comida especial o adaptación.
14. **Nombre con letra de imprenta:** Nombre con letra de imprenta del profesional de la salud con licencia del estado.
15. **Teléfono:** Número de teléfono del profesional de la salud con licencia del estado
16. **Fecha:** Fecha en que el profesional de la salud con licencia del estado firmó el formulario.

Citas extraídas de la sección 504 de la Ley de Rehabilitación (Rehabilitation Act) de 1973, Ley sobre Estadounidenses con Discapacidades (Americans with Disabilities Act, ADA) de 1990 y la Ley de Enmiendas a la ADA (ADA Amendment Act) de 2008:

Una persona con discapacidad se define como toda persona que tiene un impedimento físico o mental que limita una o más de las actividades principales de su vida, tiene un historial de tal impedimento o se considera que tiene tal impedimento.

Impedimento físico o mental significa (a) cualquier condición o trastorno fisiológico, desfiguramiento cosmético o pérdida anatómica que afecta uno o más de los siguientes sistemas del cuerpo: neurológico; musculoesquelético; órganos de los sentidos especiales; respiratorio; órganos del habla; cardiovascular; reproductivo, digestivo, genitourinario; sanguíneo y linfático; de la piel; y endocrino; o (b) cualquier trastorno mental o psicológico, como retraso mental, síndrome orgánico cerebral, enfermedad mental o emocional y discapacidades específicas de aprendizaje.

Actividades principales de la vida incluyen, pero no se limitan a cuidar de uno mismo, realizar tareas manuales, ver, escuchar, comer, dormir, caminar, pararse, levantar, doblarse, hablar, respirar, aprender, leer, concentrarse, pensar, comunicar y trabajar.

Las **funciones corporales principales** se añadieron a las actividades principales de la vida e incluyen las funciones del sistema inmunológico; el crecimiento normal de las células; y las funciones digestivas, intestinales, vesicales, neurológicas, cerebrales, respiratorias, circulatorias, endocrinas y reproductivas.

"Tiene un historial de tal impedimento" significa que la persona tiene un historial de un impedimento físico o mental que limita sustancialmente una o más de las actividades principales de la vida, o ha sido clasificado (o clasificado erróneamente) como que tiene tal impedimento.

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To: Elementary School Principals **Bulletin No. 19-009**
From: Adriane Robles May 10, 2019
Subject: **Elementary School Student Cafeteria Worker Positive Permission Slip
Procedure**

The Elementary School Student Cafeteria Worker Program has been a long-standing positive experience for students, fourth grade and up. Through this program, students gain a better understanding of team work, responsibility, and enhanced self-esteem. In efforts to ensure the continued success of this program, the following procedure will apply for the upcoming school year:

- Students will be required to have a signed permission slip to allow for participation in the cafeteria.
- Permission slips will be sent out yearly in the school packet with other signature required paperwork (Attachment).
- Nutrition Services will provide an incentive for teachers to give to students who return the form.
- Teachers will maintain returned slips in the classroom for reference to ensure only approved students participate in the cafeteria.

Thank you for your continued support of this beneficial program.

VOLUNTARY CAFETERIA WORKER PROGRAM
2019-2020

Dear Parent(s)/Guardian;

_____ School asks for student volunteers in the cafeteria, fourth grade and up, to help with meal service. Their participation helps to promote responsibility, cooperation, and leadership skills. Students look forward to volunteering in the cafeteria because they feel they are contributing to the school. Please complete the bottom portion of this letter and return it to your child's teacher.

Sincerely,

Principal

Dear _____ School:

- I give my permission for my child to participate in the voluntary cafeteria worker program.

Name of Student: _____,

Name of Parent/Guardian _____

Parent/Guardian Signature

Date

PROGRAMA DE TRABAJADOR VOLUNTARIO EN LA CAFETERÍA
2019-2020

Estimados Padres o Tutores;

_____ La escuela solicita estudiantes que sean voluntarios en la cafetería, de cuarto grado en adelante, para que ayuden con el servicio de comida. Su participación ayuda a promover responsabilidad, cooperación, y habilidades de liderazgo. Los estudiantes ven con gusto la oportunidad a ofrecerse voluntariamente en la cafetería porque se sienten que están contribuyendo a la escuela. Por favor complete la porción de abajo de esta carta y devuélvala al maestro(a) de su estudiante.

Atentamente,

Principal

Estimada _____ Escuela:

- Yo doy mi permiso para que mi niño(a) participe en el programa de trabajador voluntario en la cafetería.

Nombre del Estudiante: _____,

Nombre del Padre o Tutor: _____

Firma del Padre o Tutor

Fecha

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To: All School Site Principals

Bulletin No. 19-004

From: Adriane Robles, Director
Nutrition Services

January 17, 2019

Subject: **2019 CAASPP Testing**

Our students should be encouraged to eat breakfast every day, but especially on the days of CAASPP Testing. In addition to offering breakfast, Nutrition Services is also offering the following snacks at our purchased cost for your students during the 2018/19 testing period:

- Cracker, Cheez-Its, ID #24175, 175 per case - \$29.48
- Cracker, Goldfish Pretzel, ID 28760, 300 per case - \$35.74
- Cracker, Goldfish Cheese, ID #24170, 300 per case - \$49.02
- Cracker, Giant Goldfish, ID #24250, 300 per case - \$42.48
- Cracker, Graham, ID #24215, 150 per case - \$17.37
- Cracker, Scooby Doo, ID #29499, 210 per case - \$40.84
- Cracker, Chocolate Bear, ID 24200, 300 per case - \$35.79
- Cereal Bar, Coco Puff, ID #27973, 96 per case - \$25.26
- Cereal Bar, Cinnamon Toast, ID #27965, 96 per case - \$25.26
- Raisins, ID #32020, 144 per case - \$27.29

To order snacks, please contact your Nutrition Services Supervisor or the Serving Kitchen Operator/Manager at your site no less than two weeks prior to testing. Several of the purchase items require a two to three week lead time to obtain.

If you are interested in providing milk or juice along with the snack, you may place an order with Hollandia Dairy at (888) 883-2479. When placing an order with the dairy, you must provide a District Purchase Order number to them.

If you have any further questions, please call or e-mail your assigned Nutrition Services Supervisor for additional assistance.

- Tony De Mille (909) 841-6238
- Marrwan El-Betjali (909) 841-6236
- Katie Hoang (909) 841-5697
- Denise Prevost II (909) 841-5111

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Informational NS Bulletins

- Elementary School Student Food and Beverage Guidelines
- Middle and High School Student Food and Beverage Guidelines
- Middle/High School – Student Organizations: Inter-Club Council (ICC Days)
 - SBCUSD Approved Food List – Smart Snacks
 - Healthy Fundraising Alternatives
- District-Wide Beverage/Vending Services/Advertising Value

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To: Elementary Principals **Bulletin No. 19-033**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Elementary School Student Food and Beverage Guidelines**
(*Ed. Code sections 49430, 49431; 49431.7, CCR sections 15575, 15577, 15578, Federal Regulations section 210.11, 220.12*)

STUDENT FOODS

Our district must comply with all food/beverage requirements and prohibitions as defined by the U.S. Department of Agriculture (USDA) nutritional guidelines as mandated by California Education Code and California Code of Regulations.

Student Foods

A. The only food items that may be sold to a student **from midnight to one-half hour after school** must meet one of the following general food standard:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

B. Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,”
or
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**

- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

STUDENT BEVERAGES

From midnight to one-half hour after school, only the following beverages may be sold to a student:

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant Beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
 - c. \leq 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Non-dairy milk which is nutritionally equivalent to milk and must contain per 8 fl.oz a minimum of the following: 276 mg calcium, 8 grams protein, 500 IU of Vitamin A, 100 IU of Vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg Vitamin B12. In addition the beverage must contain no more than 28 grams of total sugar per 8 fl.oz., 5 grams of fat per 8 fl.oz, and the serving size must be no larger than 8 fl.oz
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after the end of the official school day.

The following rules apply **ONLY** to food and beverage sales by student organizations.

Restrictions on food or beverage sales by student organizations effective from midnight to one-half hour after school.

- Sales must be pre-approved by the Nutrition Services Department.
 - **Nutritional information must accompany all ASB requests submitted for approval at least ten days prior to the event.**
- Only one approved food or beverage item per sale.
- The sale must occur after the lunch period has ended.
- **Only commercially prepared and packaged foods and beverages are to be sold. The food or beverage item cannot be prepared on campus.**
- Each school is allowed four sales per year.
- Food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

If you have any questions regarding this information, please contact your site assigned Nutrition Services Supervisor or Nutrition Specialist at 881-8000.

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“Quality Work by Quality People”

To: Middle and High School Principals

Bulletin No. 19-034

From: Adriane Robles, Director
Nutrition Services

July 29, 2019

Subject: **Middle and High School Student Food and Beverage Guidelines**

(Ed. Code sections 49430, 49431.2; 49431.7, CCR sections 15575, 15577, 15578, Code of Federal Regulations section 210.11, 220.12)

Our district must comply with all food/beverage requirements and prohibitions as defined by the U.S. Department of Agriculture (USDA) nutritional guidelines as mandated by California Education Code and California Code of Regulations.

STUDENT FOODS

1. The following food restrictions are effective **from midnight to one-half hour after school**. These food restrictions apply to **ALL** foods sold to students by any entity.
2. Foods that can be sold on the school campus **outside the school meal program** to students include:

A. Snack food items must be:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- < 0.5 grams trans fat per serving (no exceptions), and
- ≤ 200 milligrams sodium per item/container (no exceptions), and
- ≤ 200 calories per item/container (no exceptions)

AND must meet one of the following

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

B. “Entrée” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).
- **AND must meet the following:**
- A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:
 - ≤ 400 calories, and
 - ≤ 35% calories from fat
 - < 0.5 grams trans fat per serving

C. Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

** A whole grain item contains:*

The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..., " or

A whole grain as the first ingredient, or

A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or

At least 51% whole grain by weight.

*** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.*

STUDENT BEVERAGES

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

From midnight to one-half hour after school, only the following beverages may be sold to a student:

1. Fruit and vegetable juice
 - a. \geq 50% juice and
 - b. No added sweeteners
 - c. \leq 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz., and
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 12 fl. oz. serving size
3. Non-dairy Milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. \leq 28 grams of total sugar per 8 fl. oz., and
 - c. \leq 5 grams fat per 8 fl. oz.
 - d. \leq 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (High School Only)
 - a. Must be either \leq 5 calories/8 fl. oz. (no calorie)
 - b. OR \leq 40 calories/8 fl. oz. (low calorie)
 - c. Water as first ingredient
 - d. \leq 16.8 grams added sweetener/8 fl. oz.
 - e. 10-150 mg sodium/8 fl. oz.
 - f. 10-90 mg potassium/8 fl. oz.
 - g. No added caffeine
 - h. \leq 20 fl. oz. serving size (no calorie)
 - i. OR \leq 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
 - a. Must be either \leq 5 calories/8 fl. oz. (no calorie)
OR \leq 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. \leq 20 fl. oz. serving size (no calorie)
OR \leq 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND **all** of the following

- Sales must be pre-approved by the Nutrition Services Department.
 - **Nutritional information must accompany all ASB requests submitted for approval at least ten days prior to the event.**
- Only one student organization may sell no more than **three types** categories of approved foods or beverages each day.
- **Only commercially prepared and packaged foods and beverages are to be sold.**
 - Food(s) or beverage(s) cannot be prepared on the campus.
- Food or beverage item cannot be the same categories sold in the food service program at that school during the same school day.
- In addition to one student organization sale each day, any and all student organizations may sell on the same **four designated days** per year. School administration may set these dates.

Student store food sales must be compliant snacks and **cannot** be sold during breakfast and lunch meal services.

If you have any questions regarding this information, please contact your site assigned Nutrition Services Supervisor or Nutrition Specialist at 881-8000.

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To: All Secondary Principals **Bulletin No. 19-036**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **Middle/High School - Student Organizations: Inter-Club Council (ICC Days)**

Secondary schools are allowed **four** Inter Club Council (ICC) days per year.

Food and beverage sales by student organizations are effective from midnight to one-half hour after school.

1. The following rules apply **ONLY** to food and beverage sales by student organizations:
 - Sales must be pre-approved by the Nutrition Services Department.
 - **Nutritional information must accompany all ASB requests submitted for approval at least ten days prior to the event.**
 - **Only commercially prepared and packaged foods and beverages are to be sold.**
 - Food or beverage item cannot be the same categories sold in the food service program at that school during the same school day.
 - Foods containing artificial trans-fat cannot be served or sold at any time on school campus.

Reference: California Code of Regulations Section 15501

2. Food sales outside meal services must comply with Food and Beverage Guidelines (*See Bulletin No. 19-034 and Education Code, Sections 49430 through 49431.7*):
 - Student store food sales must be compliant snacks and **cannot** be sold during breakfast and lunch meal services.

Nutrition Services always encourages fundraisers that promote healthy food choices. Examples of approved smart snacks list and ideas for fundraising alternatives are attached. If you need any assistance or have any questions, please contact your site assigned Nutrition Services Supervisor or Nutrition Specialist at (909) 881-8000.

San Bernardino City Unified School District Approved Food List – Smart Snacks 2019-2020 School Year

California Department of Education: Competitive Foods and Beverages in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2016 and merges the previous California Nutrition Standards.

The following list is of foods and beverages that meet the guidelines, however this list is **not all inclusive**. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently. If you have additional questions, please contact the Nutrition Services office at (909) 881-8000.

Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Welch's	Fruit Snacks	1 pouch (25.5 g)	X	X		X

Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Corn Nuts	Original, Ranch, BBQ	1 oz package	X			X
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1 oz	X			X
Quaker	Rice Cakes- All Flavors	1 Cake	X			X

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Blue Diamond	Almonds Whole Natural- Grab & Go Bags	1 bag (1oz)	X			X
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)				X
Diamond	Shelled Walnuts	¼ cup (1oz)				
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)	X			X
Kirkland	Dry Roasted Almonds	¼ cup		X		
Kirkland	Pistachios	½ cup with shells		X		
Orchard Fresh	Walnuts Halves & Pieces	1oz	X			
Orchard Fresh	Pecan Halves	1oz	X			
Orchard Fresh	Whole Natural Almonds	1oz	X			
Wonderful	Pistachios	1 bag (1.5oz)	X	X		X
Wonderful	Pistachios- Roasted, Salted, Shelled	¼ cup		X		X
Wonderful	Pistachios- While With Shell	½ cup		X		X

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Cost-co	Cardenas	Stater Bros
Kellogg's	Pop Tarts Low Fat- Brown Sugar or Strawberry	1 pastry (50g)			X	X
Kellogg's	Pop Tarts Oatmeal Delights- All Flavors	1 pastry (50g)	X			
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)				X

HEALTHY FUNDRAISING SOLUTIONS



Foods and beverages sold at and by schools and afterschool programs should reinforce the healthy habits that we all seek to instill in youth, setting them up for lifelong success. Fundraisers can be successful and engage youth, the community, the school building and out-of-school time programs in meaningful ways without undermining healthy eating messages.

STEPS TO SUCCESSFUL FUNDRAISING

1 Update your wellness policy so that fundraisers must be activity-based, sell non-food items or only sell foods that meet the USDA's Smart Snacks in Schools nutrition standards

2 Talk with your PTO, principal, coaches, school and booster clubs, parents and food service staff about the importance of offering healthy fundraising options and provide them with examples

3 Enlist students to research and develop healthy, profitable fundraising ideas and include them in the planning process

4 Develop a budget and plan for the school year that includes:

- Identifying fundraising needs and what the funds will support
- Outlining potential fundraising activities
- Estimated revenue from each activity
- Estimated expenses resulting from activity
- A calendar of when the activities will occur
- Estimated involvement from youth and/or parents

CREATIVE FUNDRAISING IDEAS

There are many examples of creative fundraisers that support your school or afterschool program while also supporting a healthy environment for kids. Here are a few of our favorites:



GET KIDS MOVING

Host a walk-, run-, bike-, dance-, skate-a-thon or a 5K color run

Organize a Zumba, dance or yoga night

Visit an ice skating rink

Hold a jump rope or hula hoop competition

Create a team sports tournament for youth and their families

Hold a field day at school and encourage youth and families to form teams and compete



SPARK CREATIVITY

Host a talent show

Hold a yard sale or auction where youth, staff and parents donate items

Ask local businesses to donate:

- a portion of sales of healthy menu items
- products or services to an auction
- event tickets to a raffle

Sell school-branded promotional items such as t-shirts or water bottles

Organize a student art or craft fair

Hold a coin drive competition between classrooms



SUPPORT HEALTHY EATING

Hold a “Taste of Your Town” event and invite local chefs to donate healthy dishes

Sell cookbooks with healthy recipes donated from parents, students and staff

Host a healthy cooking class and ask a local chef to donate his/her time

Sell healthy snacks made by youth after school*

Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff

Hold a youth healthy cooking competition and ask local grocery stores to donate food to keep costs down

*Foods or beverages sold as fundraisers should meet the USDA's Smart Snacks in School nutrition standards. Consider reaching out to your School Nutrition Program to set up cooperative purchasing of Smart Snacks compliant products.

For more information on healthy fundraising, visit HealthierGeneration.org

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To: All Principals **Bulletin No. 19-035**

From: Adriane Robles, Director July 29, 2019
Nutrition Services

Subject: **District-Wide Beverages/Vending Services**

For the term July 1, 2019 through June 30, 2020, the District has an agreement with the PepsiCo Company for District-wide beverages/vending.

District-wide vend pricing:

<u>Pepsi-Cola Products</u>	<u>Vend Price</u>	<u>Commission</u>
20 oz. bottles water	\$1.25	30%
12 oz. sports drink	\$1.25	30%
20 oz. bottles carbonated & tea (staff)	\$1.25	0%
12 oz. cans & bottle sports drink--staff lounge location only	\$1.00	0%
<u>Optional</u> 20 oz. sports drink, includes “Zero” upon availability	\$2.00	30%

Vending machine commission checks shall be issued and mailed directly to the respective District site locations.

Please be reminded that no other competitive food or beverages may be sold during the school day; no beverages may be sold during District meal serving of breakfast, lunch, and supper.

If you have any further questions, please contact Nutrition Services at 881-8000.

ELEMENTARY SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.
Effective from midnight to one-half hour after the end of the official school day.
Applies to ALL foods sold to students by any entity.
Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.
Effective from midnight to one-half hour after the end of the official school day.
Applies to ALL beverages sold to students by any entity.
Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.
Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the last lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus**.
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to **ALL** foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

“Snack” foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
 - Be a combination food containing at least ¼ cup fruit or vegetable.
- AND must meet the following nutrition standards:**
- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
 - < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
 - ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
 - < 0.5 grams trans fat per serving (no exceptions), **and**
 - ≤ 200 milligrams sodium per item/container (no exceptions), **and**
 - ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entrée” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

A competitive entrée **sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée **sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to **ALL** beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot** be **prepared on campus**.
5. The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. School administration may set these dates.

ATTENTION

**THE STUDENT TRAYS ARE FOR STUDENTS ONLY.
ADULTS OR SIBLINGS ARE NOT TO EAT FROM A
STUDENT TRAY.**

**YOU MAY PURCHASE BREAKFAST (\$3.00) OR LUNCH
(\$4.25) OR MILK (\$.75) FOR ADULTS OR OTHER
CHILDREN. SEE CAFETERIA EMPLOYEE TO PURCHASE A
MEAL.**

**NO FOOD OR DRINKS MAY BE TAKEN FROM THE
SCHOOL GROUNDS.**

THANK YOU.....NUTRITION SERVICES

ATENCIÓN

Las charolas de los estudiantes son para los estudiantes sólomente. Los adultos o algún otro familiar no pueden comer de la misma charola del estudiante.

Usted puede comprar el desayuno (\$3.00) o el almuerzo (\$4.25) para el adulto u otros hijos. La comida la puede comprar con la cajera. Leche se vende por (\$0.75)

No se pueden llevar la comida o bebidas fuera de la escuela.

GRACIAS.....SERVICIOS DE NUTRICIÓN

Student Wellness

Coordinated School Health and Wellness /Nutrition Services Program

The Board of Education believes that health education should foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products, and services.

Goals for the district's health education program shall be designed to promote student wellness and shall be developed in accordance with Board policy. Such goals shall include, but not be limited to, goals for nutrition education and physical activity.

(cf. 5030 - Student Wellness)

(cf. 6011 - Academic Standards)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6142.7 - Physical Education)

The Board recognizes the link between student health and academic success, and believes that a Coordinated School Health and Wellness Program will foster the knowledge, skills and behaviors that individuals will need to lead healthy, productive lives. Therefore, to insure a high quality of life, an efficient use of internal and external resources and an effective program of interconnected experiences, the Superintendent or designee will address the health and wellness of the students, staff and community members of the district by using a Coordinated School Health Program model to promote healthy eating, physical activity, and comprehensive nutrition and health education for district students. The eight components of a coordinated school health program include:

- * Comprehensive School Health Education
- * Physical Education
- * Parent/Community Involvement
- * Healthful School Environment
- * Health Services
- * Counseling, Psychological and Social Services
- * Nutrition Service
- * Health Promotion for Staff

The WIC Reauthorization Act of 2004, Senate Bills 677 and 12, California Education Codes and California Department of Education Framework for Health and Physical Education have been used to develop administrative procedures for the implementation of this policy. The four goals of this policy, as recommended by the California Department of Education are:

1. The support of high-quality instructional programs in health education and physical education that provide students with the skills, knowledge, and confidence to develop and maintain active, healthy lifestyles.
2. The implementation of nutrition standards for all food and beverages sold or served on campus by any group or individual that will aid in the promotion of health and the reduction of childhood obesity.

3. Increased student participation in school meal programs so that no child goes hungry.

4. The creation of a school environment that supports the health of students in the school and community environments.

To help oversee, implement and evaluate this policy, a district wellness team, consisting of representatives from elementary, middle and high schools, district departments, parent groups, and community-based organizations will be established. In addition, school site wellness teams will be established to implement and integrate the wellness efforts of their school and to communicate their progress to the district wellness team.

(cf. 1020 - Youth Services)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

(cf. 4020 - Drug and Alcohol-Free Workplace)

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.63 - Steroids)

(cf. 5141.23 - Infectious Disease Prevention)

(cf. 5141.3 - Health Examinations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.4 - Child Abuse Prevention and Reporting)

(cf. 5141.6 - Student Health and Social Services)

(cf. 5142 - Safety)

(cf. 5146 - Married/Pregnant/Parenting Students)

(cf. 6164.2 - Guidance/Counseling Services)

Nutritional Guideline for Foods Available at School

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, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 -Contracts)

(cf. 3550- Coordinated School Health And Wellness/Nutritional Services Program)

(cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)

(cf. 6300 - Preschool/Early Childhood Education)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

(cf. 3553 -Free and Reduced Price Meals)

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program.

(cf. 0500 - Accountability)

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49561 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51210 Course of study, grades 1-6

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51795-51796.5 School instructional gardens

51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Food Safety Requirements, Fact Sheet, October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

Making It Happen: School Nutrition Success Stories, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy SAN BERNARDINO CITY UNIFIED SCHOOL DISTRICT

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