



Self-Respect Worth-it Involved Mindset for success

School Hours:
 7:50am-2:00pm
 (Mon, Tues, Thurs, Fri)
 7:50am-1:15pm
 (Wednesday)

We would like to encourage students to bring healthy snacks to fuel their learning and physical activity. In accordance with BOE Policy 103-1 & USDA Healthy, Hunger Free Kids Act of 2010:

Follow HIDEO Wellness Nutrition Guidelines													
Midnight to Start of school day My school day begins at 7:50 a.m.	Food Guidelines • Be whole grain-rich • First ingredient must be: whole grain, fruit, vegetable, dairy product, or protein food • Be a combination food that contains of $\geq \frac{1}{4}$ cup of fruit and/or vegetable												
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Nutrition Guidelines
NG1: All reimbursable meals and snacks meet the USDA nutrient standards.
NG2: All foods sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus ² during the school day ³ meet the USDA meal pattern requirements or Smart Snacks standards.
NG3: All beverages sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus ² meet the following criteria during the school day ³ : <ul style="list-style-type: none"> No caffeine, no artificial colors, and no artificial flavors Maximum 8 oz. serving, except water, which has no portion size limit <ul style="list-style-type: none"> Water – Plain (with or without carbonation) Milk – Unflavored 1% or fat free; flavored fat free; milk alternatives as permitted by the National School Lunch/Breakfast Program; with \leq 22 grams of sugar per 8 oz. serving 100% Fruit or vegetable juice with no added sweeteners 100% Fruit or vegetable juice diluted with water and no added sweeteners
NG4: Fundraising activities that promote physical activity, non-food items, or healthy foods based on Smart Snacks standards are encouraged.
NG5: Meals and snacks include fresh and locally grown fruits and vegetables when possible.
NG6: Students are allowed to have at least 20 minutes to eat their lunch after being served.
NG7: Students have access to free drinking water during meal times and throughout the school day at multiple locations on campus.
NG8: Food is not used as a reward or punishment for students.

Students are **allowed** to bring snacks such as: Fruits, yogurt, healthy fruit snacks, veggie chips, cut vegetables, cheese sticks, granola bars, water, and snacks that are low in sodium and sugar. Student are **not allowed** to bring snacks: Gum, Chips (including and not limited to Hot Cheetos/ Takis/ Funyuns, etc.), Saimin Packets (Raw), Li Hing Powder, Taffy, Sugar Straws, Soda, Energy drinks, snacks high in sodium and sugar in accordance to the Wellness Guidelines, BOE Policy 103-1.

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