



Standards for School Breakfast and Lunches

1. All schools will provide lunch meals to students utilizing all USDA Final Rule Nutrition Standards in the National School Lunch Program (NSLP). Various schools will opt to participate in the School Breakfast Program (SBP) also utilizing all USDA Final Rule Nutrition Standards.
2. Promote the consumption of fruits and vegetables by offering extra servings at no additional cost.
3. Students will be prohibited from leaving school for lunch unless approved by the principal or an individual authorized by the principal.
4. Students will be provided adequate time to eat lunch.
5. Shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff.
6. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
7. Will provide upon request information about the nutritional content of meals with students and parents.

Nutrition Standards for Competitive and Other Foods and Beverages

1. From midnight before a schedule school day until 30 minutes after the official school day, no sale of food or beverage may take place except as part of the NSLP and SBP. Vending machines shall be inoperable during this time period and cannot be activated until 30 minutes after office school day until midnight prior to the next scheduled school day.
2. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with the USDA standards shall be established for all foods offered by Diocese of Covington SLP.
3. Competitive foods and beverages may not be sold on Diocese of Covington school campuses.
4. Diocese of Covington SLP will encourage students to make nutritious choices and will ensure that the sale or serving of foods high in fat, sodium and sugars is regulated during the school day.
5. Individually sold snack items shall not exceed the NSLP guidelines during the school day.
6. Only milk, water, and 100% juice will be available during the day at the P-8 level. High school level will include water, milk, 100% juice, and approved sports beverages.
7. Milk sold by Diocese of Covington SLP will only be low-fat white, skim white and skim flavored.
8. Diocese of Covington SLP will follow the NSLP guidelines concerning beverage serving sizes.
9. Students will be provided access to drinking water throughout the day.