

## **Arcadia Unified School District K-8 Healthy Lunch Guidelines**

In an effort to create safer schools for all children, to help students develop an increased awareness of their own responsibility in making healthy nutritional choices, and to meet state and Federal mandates to school districts regarding nutrition, the PTSA and the Arcadia Unified School District has adopted the following guidelines for grades kindergarten through eight.

**Rationale:** Many students must follow diets that are restricted because of food allergies, religious beliefs, or other reasons. In order to protect student health, sharing food is therefore not permitted. The district provides a variety of healthy lunch selections each day. The lunch selections served at school must meet specific nutritional guidelines. The guidelines assure your children are being provided with a healthy and nutritious meal.

**Guidelines:** For these reasons AUSD PTA and administration have committed to work together to promote healthier food choices at school. Whether a child purchases a meal at school or brings one from home, the PTSA and AUSD wish to promote a safe and healthy lifestyle.

In support of the desire to promote safe schools and healthy children, the following Healthy School Guidelines are adopted:

- Students should develop an increased awareness of their own responsibility in making healthy nutritional choices
- Students may purchase their lunch at school through the school's cafeteria or bring a lunch from home with them in the morning.
- Student lunches should promote healthy choices. Candy and soft-drinks do not meet the food guidelines set by the state for The Healthy Meals Act, and should not be included in lunches brought from home.

Due to SAFETY concerns:

- Parents are not to bring a lunch to their children during the school day.
- Students may not have lunch delivered to school by outside vendors.
- Students may not share any food items with other students.
- Students may not provide food to other students.

No child will be allowed to go hungry. If a child forgets their lunch, they shall be provided with a lunch by the school and be given the opportunity to pay for it at a later time.