

## *Standards for USDA School Meals*

**Ken-Ton Food Service breakfast and lunch programs are regulated by the federal government, as the USDA sets the standards.**

**The following standards related to school meals will be addressed in the policy:**

- **Schools will offer breakfast through the USDA Breakfast program**
- **School meals meet the Institute of Medicine Nutrition Standards which is beyond the USDA minimum standards**
- **All school meal periods shall include at least 20 minutes for lunch and 10 minutes for breakfast**
- **Appropriate supervision by cafeteria monitors shall be provided**
- **Nutrition information of school meals will be shared via serving lines, monthly menus and district website**

**The Kenmore– Town of Tonawanda School District is committed to providing a school environment that promotes and protects children’s health, well-being and the ability to learn by fostering healthy eating habits and physical activity. The District has established a Wellness Committee to develop the District wellness policy and make policy recommendation for review and adoption by the Board of Education. The Kenmore-Town of Tonawanda School District Wellness Committee includes, but is not limited to, representatives from the following groups:**

**Parents  
District Food Service  
School Board  
School Administrators  
Physical Education Teachers  
Health Education Teachers  
Family and Consumer Science Teachers  
School Nurses  
Mental Health Professionals**

### *Additional Resources*

**For a full version of the Kenmore-Town of Tonawanda School District wellness policy, visit our website at:  
[www.kenton.k12.ny.us](http://www.kenton.k12.ny.us)**

**Federal regulations on wellness policies  
[www.fns.usda.gov](http://www.fns.usda.gov)**

**Nutrition Information  
[www.myplate.org](http://www.myplate.org)**

**Wellness Policy Assessment and Resources  
[www.wellsat.org](http://www.wellsat.org)**

**Kenmore-Town of Tonawanda Union Free School District  
1500 Colvin Blvd.  
Buffalo, New York 14223  
716-874-8400**

## **Kenmore-Town of Tonawanda Union Free School District**

### *Wellness Policy Highlights*



**January 2013**

## ***Nutrition Education and Wellness Promotion***

The District will provide nutrition education and promote wellness to facilitate healthy eating habits and nutrition-related behaviors in the following ways:

- Provide a Nutrition curriculum in Family and Consumer Science, Health and PE which include skill-based activities
- Link the entire school environment to healthy school goals
- Encourage staff to be role models to healthy behaviors
- Share information on healthy choices with family and community
- Market healthy choices in schools and at school functions and discouraging the marketing of unhealthy choices

## ***“CHOOSE SENSIBLY GUIDELINES”***

Amounts listed below are per portion size– not to exceed 1 serving

1. Total Fat—\*7 grams or less
2. Saturated fat—\*2 grams or less
3. Trans Fats— zero
4. Total sugar— \*15 grams or less
5. Sodium— 200 mg or less
6. Calories— not to exceed 200 calories
7. Whole Grain— 51% or more
8. Beverages-
  - \*All milk must be low fat or fat free
  - \*Juice Drinks must be 100% real juice
  - \*Water— no added sugar or artificial sweeteners

## ***Nutrition Standards for Other Foods and Beverages***

The District Wellness Policy supports nutrition standards of all foods sold or provided on school campus outside USDA School Meals. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars and of moderate portions.

- All foods in this classification must meet the “Choose Sensibly Guidelines” which are outlined in the policy
- Vending machines, school stores, and food service a la carte items shall contain no more than 35% of total calories from fat and sugars
- Class parties and celebrations serving food and beverages must meet the “Choose Sensibly Guidelines”
- Food is not to be used as a classroom reward
- All food items sold as fundraisers shall comply with “Choose Sensibly Guidelines”

## ***Physical Education and Activity***

The District will provide opportunities for every student to develop the knowledge and skills to participate in regular physical activity and develop long and short term goals in the following ways:

- Provide a Physical Education Curriculum for each grade level
- Use New York State mandates when planning Physical Education classes to the greatest extent possible
- When possible, classrooms will provide short activity breaks and supervised recess that include physical movement in addition to Physical Education
- The District will provide structured physical activity opportunities before and after school
- Students should not be denied participation in recess or other physical activity opportunities as a form of discipline