

Eating Healthy! Eating Right!

Everyone is concerned about keeping children healthy. One way to achieve such a goal is through good eating habits, and as a public school district, we believe we can help to create good eating habits by offering healthy and nutritious school lunches and school snacks. The West Windsor-Plainsboro Regional School District Board of Education has adopted a nutrition policy and beginning in September 2006, we will emphasize healthy food choices in our schools.

You should know that the Board of Education is steadfast in its decision to provide healthy and nutritious foods during the school day. To achieve such a goal, a nutrition policy, along with an engaging physical education program, will help to ensure strong bodies and strong minds.

You might be asking, "What will you serve our children?" The Board of Education, administration, and food services coordinator have prepared a plan for implementation of the nutrition policy. This plan includes well-planned school lunches, satisfying and nutritious snacks, along with suggestions for school snacks and birthday celebrations.

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WEST WINDSOR-PLAINSBORO
REGIONAL SCHOOL DISTRICT

West Windsor-Plainsboro Regional School District School Nutrition



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Policy 8505: School Nutrition

The West Windsor-Plainsboro Regional School District Board of Education recognizes that child and adolescent obesity has reached epidemic levels in the United States. Poor diet combined with the lack of physical activity negatively impacts students’ health, and their ability and motivation to learn. The Board is committed to: providing students with healthy and nutritious foods; encouraging the consumption of fresh fruits and vegetables, low fat milk, and whole grains; limiting the purchase of any products containing trans fats; supporting healthy eating through nutrition education; encouraging students to select and consume all components of the school meal; and providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program shall meet the standards as outlined within this policy.

The district will meet all state and federal requirements regarding all snack and beverage items sold, served, or given as free promotion anywhere on school property during the hours that school is in session, including items sold in a la carte lines, vending machines, snack bars, school stores, fundraisers, or the reimbursable After School Snack Program. These requirements delineate the following, based on manufacturers’ nutritional data or nutrient facts labels:

The district shall not provide foods of minimal nutritional value as defined by U.S. Department of Agriculture regulations, which include: soda water, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondants, licorice, spun candy, and candy coated popcorn.

The district shall not provide food and beverage items listing sugar, in any form, as the first ingredient.

The district shall not provide any form of candy.

The district shall not provide any items with more than eight grams of total fat per serving, with the exception of nuts and seeds.

The district shall not provide items with more than two grams of saturated fat per serving.

The district shall not provide beverages

exceeding 12 ounces, with the following exceptions: water and milk containing 2 percent or less fat, and whole milk shall not exceed 8 ounces.

The school district administration shall ensure the following with respect to the beverages that are offered for sale during the school day in the elementary schools: 100 percent of the beverages that are offered for sale during the school day in elementary schools shall be milk, water, or 100 percent fruit or vegetable juices.

The school district administration shall ensure the following with respect to beverages offered for sale during the school day in the middle schools and the high schools: At least 60 percent of all beverages offered, other than milk

and water, shall be 100 percent fruit or vegetable juices. No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

Food and beverages served during special school celebrations or during curriculum-related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

This policy does not apply to the following: medically authorized special needs diets pursuant to 7 CFR Part 210; school nurses using foods of minimal nutritional value during the course of providing health care to individual students; or special needs students whose

Individualized Education Plans (IEPs) indicate their use for behavior modification.

This school district’s curriculum does incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

The Board of Education is committed to promoting the nutrition policy with all food service personnel, teachers, nurses, coaches, and school administration staff so they have the skills they need to implement this policy and promote healthy eating and life style practices. The Board will work toward expanding awareness about this policy among students, parents, teachers, administration, and the community.



What Can They Buy?

Lunch Costs

The Board of Education approved the following fee schedule for cafeteria lunches and milk for the 2006-2007 school year:

Grades 1-3/4-5	\$2.00
Grades 6-8	\$2.15
Grades 9-12	\$2.25
Reduced Lunch, all grades	\$0.40
Adult Lunch	\$3.00

A healthy lunch includes a choice of entrée with bread, choice of fruit, vegetable, and milk.

Milk for Students in Grades 1-12 \$0.45

Milk for Kindergarten Students \$0.20

Food Services Classroom Celebrations

If you want the cafeteria to assist you in your child’s birthday celebration, please contact your school cafeteria manager or Doreen Pierson at 716-5000 x 5161 (doreen.pierson@ww-p.org). Food Services offers a variety of healthy and enjoyable snacks brought right to your child’s classroom:

- Freshly Baked Assorted Cookies
- Fresh Fruit Kebob (seasonal)
- Sugar-Free Jell-O 5 oz. cup
- Sugar-Free Pudding 5 oz. cup
- Baked Chips (assorted flavors)
- Ice Cream Dixie Cup (vanilla/chocolate)
- Pretzel Rods
- Nachos w/Salsa
- Frozen 100% Juice Pop

Elementary Snacks

- Baked Chips: Doritos
- 100% Frozen Juice Bars: Minute Maid
- Popcorn
- Kids Munchie Mix
- 8 oz. Water Bottles
- Fresh Fruit and Fresh Fruit Cups
- Frozen Yogurt Sticks
- Trix Yogurt
- Reduced-fat Baked Cheetos

- Pretzel Rods
- Hot Pretzels
- Cookies that meet state guidelines
- Ice Cream Dixie Cup (3 oz. vanilla/chocolate)
- Pretzels
- 4 oz. Sherbet
- Vanilla & Chocolate Cones 4 oz.
- Ice Cream Sandwich 4 oz.
- Push-up Ice Cream 3 oz.

High School & Middle School Snacks

- Healthier ice cream and ices choices.
- More bottled flavored waters and 100% juices
- Fresh fruit and fruit cups daily
- Yogurt on salad bar with toppings
- Smaller bags of chips and other snack foods
- Drinks in self-serve juice machines, 100% juices, fresh brewed unsweetened teas, and flavored waters

- Tastykake items that meet nutritional guidelines
- Some Snapple drinks and no large bottles of sports drinks
- Candy will be eliminated and replaced with items that meet guidelines
- Cookies that meet state guidelines