

School Wellness Policy Attributes
“Breakfast”

District Name	BP/AR	Page #	Sentence
1. Alpine Union	BP 5030	b	<p>To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:</p> <ul style="list-style-type: none"> • Schools will, to the extent possible, operate the School Breakfast Program. • Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess. • Schools that serve breakfast to students will notify parents and students of the availability of the Schools Breakfast Program. • Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other menus.
2. Bonsall Union	BP	5	<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible.</p> <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> • <i>Ensure foods and beverages provided through federally reimbursable school meal programs meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.</i> • <i>The only food authorized during breakfast and lunch periods is food that is sold as a full meal through the federal reimbursable meal program.</i>

3. Borrego Springs Unified	BP 5030	D	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
4. Cajon Valley	AR	A	Meals or food items provided through the

<p>Union</p>	<p>3550</p> <p>BP 3550</p> <p>BP 5030</p>	<p>A</p> <p>C</p>	<p>District's food services program shall: (Education Code 49531, 49553; 42 USC 1758, 1773)</p> <ul style="list-style-type: none"> • Comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, or 220. <p>The District shall participate in the National School Lunch and School Breakfast Program for the benefit of the children.</p> <p>To maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch Program. Schools shall participate in the National School Breakfast Program to the extent possible.</p> <p><i>Previous Policy:</i> <i>Any school participating in the National School Lunch Program and/or School Breakfast Program shall serve meals that, on average over each school week: (Education Code 495341; 42 USC 1758, 1773; 7 CFR 210.10, 220.8)</i></p> <ul style="list-style-type: none"> • <i>Meet the nutrient levels and calorie requirements appropriate for the ages/grade levels served and the menu planning approach used, as specified in 7 CFR 210.10 or 220.8</i> • <i>Provide one-fourth (breakfast) or one-third (lunch) of the Recommended Dietary Allowances for protein, calcium, iron, vitamin A, and vitamin C appropriate for the ages/grade levels served and the menu planning approach used.</i> • <i>Comply with applicable Dietary Guidelines for Americans which recommend:</i> <ul style="list-style-type: none"> ○ <i>Limiting the percentage of calories from saturated fat to less than 10 percent of total calories offered</i> ○ <i>Limiting the percentage of calories from total fat to 30 percent of total calories</i>
---------------------	---	-------------------	--

			<p><i>offered</i></p> <ul style="list-style-type: none"> ○ <i>Reducing sodium and cholesterol levels</i> ○ <i>Increasing the level of dietary fiber</i> <p><i>The District shall participate in the National School Lunch and School Breakfast Program for the benefit of the children.</i></p> <p><i>To maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch Program. Schools shall participate in the National School Breakfast Program to the extent possible.</i></p>
5. Carlsbad Unified	BP 5030		<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, After School Snack Programs, and sponsoring a Summer Meal Program, to the extent possible.</p> <p><i>Previous policy:</i> <i>Breakfast and lunch menus are analyzed for nutrient content to ensure that all dietary guidelines as required by the United States Department of Agriculture (USDA) are met:</i></p> <ul style="list-style-type: none"> • <i>School lunches meet one-third of the Recommended Dietary Allowances (RDA) for protein, calcium, iron, vitamins A and C, and specific calorie levels by age group.</i> <p><i>Breakfasts meet one-fourth the RDA.</i></p>

<p>6. Chula Vista Elementary</p>	<p>BP 5030</p>	<p>4</p>	<p>In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</p> <p>Schools shall:</p> <ul style="list-style-type: none"> • Require students to sit down and eat breakfast for at least 10 minutes and require students to sit down and eat lunch for at least 20 minutes before being released for recess activities. • Promote schools' participation in the District breakfast program.
<p>7. Dehesa</p>	<p>BP 5030</p>	<p>C</p>	<p>In order to maximize the district's ability to provide nutritious meals and snacks, the district shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</p>

<p>8. Encinitas Union</p>	<p>BP</p>	<p>B</p>	<p>To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).</p>
	<p>AR</p>	<p>A</p>	<p><u>School meals</u> Meals served through the National School Lunch and Breakfast Programs will: be appealing and attractive to children; be served in clean and pleasant settings; meet or exceed nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables; serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that half of the served grains are whole grain The schools will have available and can provide the nutritional content information for all items served in the school meal program.</p>
		<p>B</p>	<p><u>Breakfast.</u> To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:</p> <ul style="list-style-type: none"> • Schools will, to the extent possible, operate the School Breakfast Program. • Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess. • Schools that serve breakfast to students will

			<p>notify parents and students of the availability of the School Breakfast Program.</p> <p>Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.</p>
9. Escondido Union	BP	3	<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</p>
10. Escondido Union High	AR	1	<p>To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (which may include the School Breakfast Program and National School Lunch Program, Summer Food Service Program, Pregnant and Lactating Teen Program, and Infant and Toddler Feeding Program).</p> <p><u>School Meals</u></p> <p>Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> • be appealing and attractive to children of various ages and diverse backgrounds; • be served in clean, safe, and pleasant settings; • meet, or exceed, nutrition requirements established by local, state, and federal statutes and regulations and guidance issued pursuant to 42 USC 1758(f)(1), 176(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note) offer a variety of fruits • and vegetables; serve only low-fat • and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); • ensure that at least fifty percent of the served grains are whole grain; • limit the content of trans fatty foods and snacks to only trace amounts; • meet the daily menu planning target levels for sodium, fiber and cholesterol. <p><u>Breakfast</u></p>

			<p>To ensure that all children have breakfast, either at home or at school, in order to meet their</p>
--	--	--	--

			<p>nutritional needs and enhance their ability to learn:</p> <ul style="list-style-type: none"> • Schools will operate the School Breakfast Program. • The district will notify parents and students of the availability of the School Breakfast Program. • Schools will promote the importance of eating a healthy breakfast and encourage parents to provide a healthy breakfast for their children through newsletter articles, takehome materials, or other means.
11. Fallbrook Union Elementary	BP	4	<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible.</p> <p><i>Previous Policy:</i> <i>By November 30, 2006, the council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:</i></p> <ul style="list-style-type: none"> • <i>Goals and strategies for increasing student participation in the school breakfast and lunch programs.</i> • <i>Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.</i>
12. Fallbrook Union High	BP 5030	4	<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.</p>

13. JamulDulzura Union	BP 5030	5	The Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide a nutritious breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal
-------------------------------	---------	---	--

			<p>eligibility criteria.</p> <p><i>Previous Policy:</i> <i>The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide a nutritious breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.</i></p>
--	--	--	--

14. Julian Union	BP 5030	4	<p>To ensure that all children have a healthy (low sugar, fat, sodium and high fiber) breakfast, either at home or at school, schools shall:</p> <ul style="list-style-type: none"> • To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including “grab and go” or breakfast served during morning break or recess • Notify parents of the availability of the School Breakfast Program • Encourage parents to provide a healthy breakfast for their children if served at home • Schools shall provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
-------------------------	---------	---	--

<p>15. Julian Union High</p>	<p>BP 5030</p>	<p>3-4</p>	<p>To ensure that all children have a healthy (low sugar, fat, sodium and high fiber) breakfast, either at home or at school, schools shall:</p> <ul style="list-style-type: none"> • To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including “grab and go” or breakfast served during morning break or recess • Notify parents of the availability of the School Breakfast Program • Encourage parents to provide a healthy breakfast for their children if served at home • <p>Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch</p>
<p>16. La Mesa Spring Valley</p>	<p>BP</p>	<p>A</p>	<p>To the maximum extent possible, all schools in our district will participate in available federal school meal programs. (Including the School Breakfast Program, National School Lunch Program, Fruit and Vegetable Snack Program,</p>

	AR	A	<p>and the Child and Adult Care Food Program.)</p> <p>Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals</p> <ul style="list-style-type: none"> • Meals served through the National School Lunch and Breakfast Programs shall: <ul style="list-style-type: none"> ○ Be appealing and attractive to children <ul style="list-style-type: none"> ○ Be served in clean and pleasant settings ○ Meet, at a minimum, the goal of exceeding nutrition requirements established by local, state, and federal statutes and regulations ○ Offer a variety of fruits and vegetables¹ ○ Serve only low-fat (1%) and fatfree milk² and nutritionally equivalent nondairy alternatives (to be defined by USDA) ○ ○ Ensure that half of the served grains are whole grain and/or a mixture of grains <p>b</p> <ul style="list-style-type: none"> • Breakfast To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, <ul style="list-style-type: none"> ○ Schools will, to the extent possible, operate the School Breakfast Program. ○ Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation. ○ Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program. • Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
--	----	---	---

17. Lakeside Union	BP	5	In order to maximize the district's ability to provide nutritious meals and snacks, all
---------------------------	----	---	---

			district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible.
--	--	--	---

18. Lemon Grove	BP	2	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
------------------------	----	---	---

19. Mt. Empire Unified	BP 5030	3	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. (cf. 3553 – Free and Reduced Priced Meals)
-------------------------------	---------	---	--

20. National	BP 5030(d)	4	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs to the extent possible, including the National School Lunch and Breakfast Programs, as well as after-school snack and summer programs.
---------------------	------------	---	--

21. Oceanside Unified	BP 5030		<p>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758 (f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.</p> <p><i>Previous Policy:</i> <i>All district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</i></p>
------------------------------	---------	--	---

22. Poway Unified	BP	5	<p><i>School Breakfast Program</i> - To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools should:</p> <ul style="list-style-type: none"> • To the extent possible, operate the School Breakfast Program, including arranging bus and bell schedules to encourage participation. (EC 49550.3) • Encourage participation in the School
--------------------------	----	---	---

			<p>Breakfast Program by implementing, whenever feasible, serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess. • Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means. • Promote the importance of eating a healthy breakfast and the benefits of the School Breakfast Program to students and families.</p>
--	--	--	--

<p>23. Ramona Unified</p>	<p>AR 5030</p>	<p>9</p>	<ul style="list-style-type: none"> • Nutritional standards for all food and beverages sold or served to students on campus will strictly adhere to all laws and regulations of the federal and state governments. California laws SB12, SB 965, SB 490, and SB 80 shall be followed. Occasions when food and beverages may be sold and provided to students include, but are not limited to: National School Breakfast and Lunch Programs • All foods served through the Nutrition Services Department of the Ramona Unified School District will meet or exceed all federal and state guidelines. Breakfast and lunch menus are analyzed for nutrient content to ensure that all dietary guidelines as required by the USDA are met. <p><i>Previous Policy:</i> <i>In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</i></p>
<p>24. San Diego Unified</p>	<p>H-7700</p>	<p>1</p>	<p>The Food Services Department's goals are:</p> <ul style="list-style-type: none"> • Increase student access to healthy breakfast and lunch meals.
<p>25. San Marcos Unified</p>	<p>BP 5030</p>	<p>7</p>	<p>The Director of child Nutrition Services will ensure that all Federal and State programs will follow all regulations regarding these programs. All District sites will participate in the National School Breakfast and Lunch Program, unless reviewed as unable to do so.</p>
<p>26. San Ysidro</p>	<p>BP 5030</p>	<p>8</p>	<p>The governing board recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, the</p>

			<p>district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria by participating in available federal nutrition programs to the extent possible.</p> <p><i>Previous Policy:</i> <i>The governing board recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.</i></p> <p><i>The district shall:</i></p> <ul style="list-style-type: none"> • <i>Maximize its ability to provide nutritious meals and snacks by ensuring that all district schools participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.</i>
27. South Bay Union	BP 5030	5	In order to maximize the district’s ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
28. Vallecitos Elementary	BP 5030	2	In order to maximize the district’s ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
29. Valley Center-Pauma Unified	BP	3	In order to maximize the district’s ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

30. Warner Unified	BP 5030	4	In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.