

School Wellness Policy Attributes “Whole Grains”

District Name	BP/AR	Page #	Sentence
1. Alpine Union	BP 5030	b	<p><u>School Meals:</u> Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> • Include whole grain foods at least three times per week.
2. Bonsall Union		4	<p>Menu Planning meets or exceeds Federal & State requirements of:</p> <ul style="list-style-type: none"> • Contain whole grains (listed as the first ingredient on the label) in at least ½ of the grains served.
3. Cajon Valley Union	AR 3550	B	<p>At each elementary school, an individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)</p> <ul style="list-style-type: none"> • Not more than 35 percent of its total calories are from fat. • Not more than 10 percent of its total calories are from saturated fat. • Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. • Its total calories do not exceed 175 calories.
4. Carlsbad Unified	AR	7	<p>The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is advised.</p>
5. Chula Vista Elementary School District	BP 5030	4 5 6	<ul style="list-style-type: none"> • For 2011 through 2013, ensure that half of the served grains are whole-grain rich and by 2014, all grains must be whole-grain rich. • The only foods that can be sold to students at an elementary/middle school during the school day are full meals, exempt foods, and dairy or whole-grain foods that meet specific calorie, fat, saturated fat, and sugar requirements. • Individual dairy or whole-grain food item may be sold if it meets all of the following criteria: <ul style="list-style-type: none"> ○ Its total calorie content does not exceed 175 calories for elementary school

		10	<p>students or 250 calories for middle school students</p> <ul style="list-style-type: none"> ○ Not more than 35% of the total calories come from fat
		11	<ul style="list-style-type: none"> ● Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free unflavored dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise. ● The promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.
6. Del Mar Union	BP 5030	3	Ensure that half of the served grains are whole grain.
7. Encinitas Union	AR	A	<ul style="list-style-type: none"> ● Ensure that half of the served grains are whole grain
		f	<ul style="list-style-type: none"> ● Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
8. Escondido Union	BP	4	School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible.
9. Escondido Union High	AR	2	<p>Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> ● Ensure that at least fifty percent of the served grains are whole grain.
10. Grossmont Union High	BP 5030	7	<p>ENSURE NUTRITIONAL STANDARDS ARE BEING MET IN THE SCHOOL LUNCH/BREAKFAST PROGRAM</p> <ul style="list-style-type: none"> ● The District will ensure that a minimum of 50% of all grains served are whole grains. This standard exceeds the federal requirement.
11. La Mesa Spring Valley	AR	A	Ensure that half of the served grains are whole grain and/or a mixture of grains
12. Lemon Grove	BP 5030	3	<ul style="list-style-type: none"> ● Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.
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			<ul style="list-style-type: none"> The promotion of healthy foods including fruits, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.
13. Poway Unified	BP	3	<ul style="list-style-type: none"> Promotion of fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products as healthy eating choices.
	BP	5	<ul style="list-style-type: none"> Contain whole grains (listed as the first ingredient on the label) in at least half of the grains served.
14. San Pasqual Unified	BP 5030	5	<ul style="list-style-type: none"> Promotion of fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products as healthy eating choices. Including a soymilk substitute if requested.
		13	<ul style="list-style-type: none"> Individually-sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item. <ul style="list-style-type: none"> No more than: <ul style="list-style-type: none"> 35% total calories from fat 10% total calories from saturated fats 35% total weight from sugar 175 calories per individual food item <p><i>Previous policy: <u>Healthy Grains (bread, crackers, cereals, etc.)</u> Though most kids eat plenty of grain products, to may of those grains are cookies, snack cakes, sugary cereals, Rice Krispy treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight and the saturated and trans fat low (i.e., less than 10% of calories, or about one gram or less per serving).</i></p>
15. San Ysidro Unified	BP 5030	2	<ul style="list-style-type: none"> Promoting the consumption of water, fruits, vegetables, whole-grain products, and low-fat or fat-free dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity

		4 11	<p>and exercise.</p> <ul style="list-style-type: none"> • The promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged. • Complete school lunch meal provided by the NSLP: must include whole-grain and meat requirement, $\frac{3}{4}$ vegetables, $\frac{1}{2}$ fruit and 1 cup 1% low-fat or flavored fat-free milk.
16. Solana Beach	E	4	Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices.