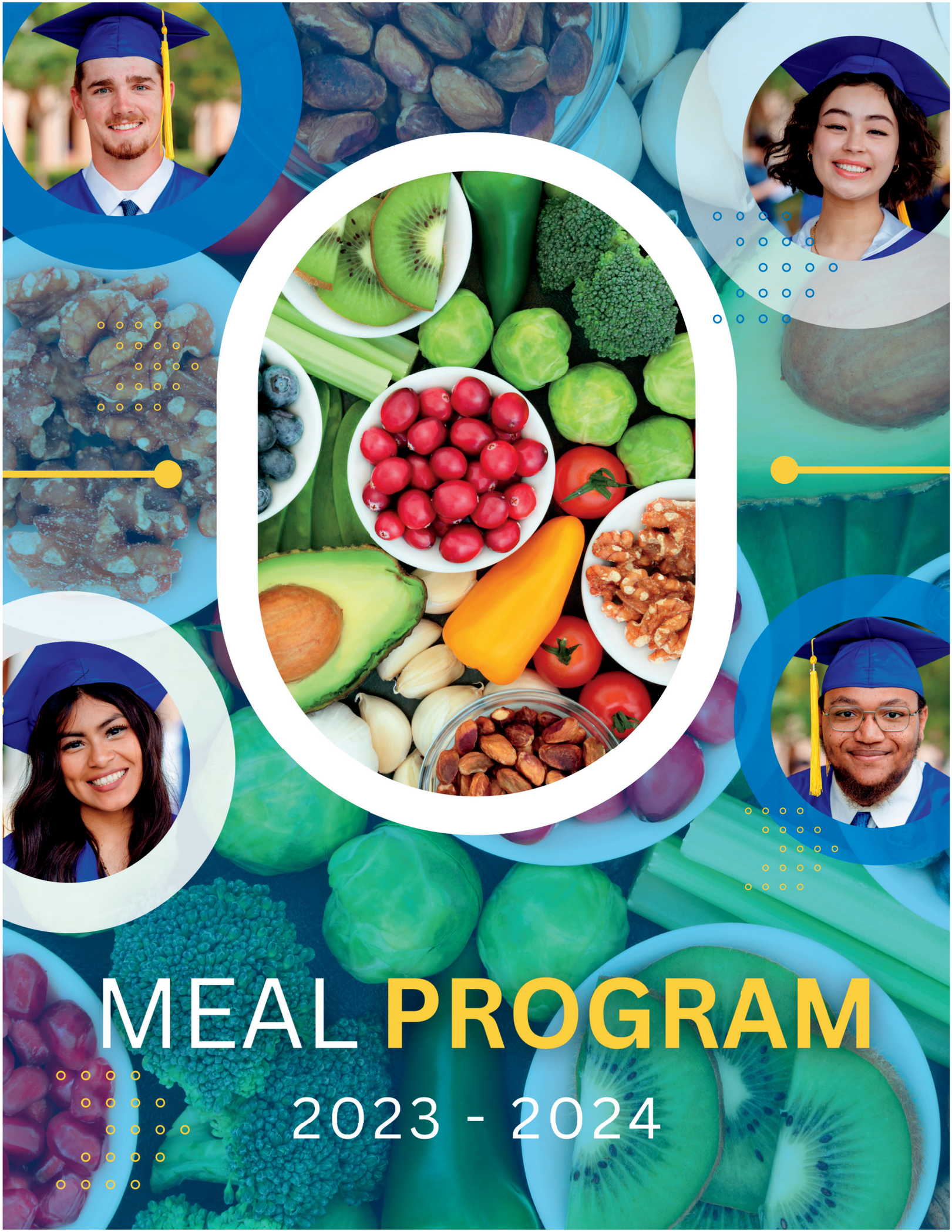

MEAL PROGRAM

2023 - 2024

Meal Program

2023-2024

The School Meal Program plays a vital role in supporting children's health and academic achievement given that proper nutrition is linked to increased cognitive function, increased attention span, and improved achievement scores. Recognizing these connections, Altus Schools have developed a meal program that abides by the State Meal Mandate for Non-classroom Based Charter Schools outlined in the California Department of Education (CDE) Code sections 47613.5 and 49552.

The Altus Schools meal program serves **all** students a nutritionally adequate meal each school day. The meal program follows the CDE Middle/High School Food Restrictions Code of Federal Regulations and meets the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans established by the United States Department of Agriculture (USDA) for a nutritionally adequate breakfast.

In accordance with the CDE's Universal Meals Program implementation guidelines, charter schools offering non-classroom-based instruction must offer at least one nutritionally adequate meal (breakfast or lunch) for eligible pupils on any school day that the pupil is scheduled for educational activities lasting two or more hours at a school site, resource center, meeting space, or other satellite facility operated by the charter school. While the State Meal Mandate does not apply to remote learning, students who are participating in virtual learning and are on campus for any period of time during a school day are also eligible to receive a meal.

Guidelines and Requirements

Each FREE school provided breakfast meal must include a serving combination of the following:

- **Fruit** serving to equal the following: One-quarter cup of dried fruit equivalent to ½ cup raw fruit, or 1 cup of fruit in a container, or ½ cup of cooked vegetable, or 1 cup of a raw vegetable.
- **Juice or Milk**: All juice must be 100% full-strength. Milk must be 1% or less.
- **Whole Grains**: 1 oz serving- All grains must be whole grain rich.

Additional Guidelines

- Foods containing caffeine are not allowed in middle schools or high schools.
- One of each item combined cannot exceed 850 calories.
- One of each item combined cannot exceed 1080 mg of sodium.

Items Available on a Regular Basis

Milk/Juice

1% Horizon Milk - Chocolate

Horizon Low Fat Vanilla Milk

Ripple Dairy Free White Milk

Capri Sun 100% Fruit Juice

Fruit and Vegetable Items (All Vegan, GF, and Nut Free)

Veggiecopia Regular Hummus

Veggiecopia Black Bean Dip

Mamma Chai Strawberry Banana Fruit Pouch

That's It 100% Fruit Bar

Dole Mixed Fruit Cups

Pure Fruit Organic Layered Fruit Bar

Zest Delites Fruit Jerky

GoGo SqueeZ Apple and Banana Fruit Pouch

Fruit Crisps- Dried Apple

Wickedly Prime Plantain Chips

Whole Grains and Proteins

Kashi - Chocolate Chip Chia Granola Bar (vegan)

BelVita Soft Baked Breakfast Biscuits

KIND Healthy Grains Breakfast Bar

Skinny Pop Original Popped Popcorn

Whole Grain Cheez Its

Lance Whole Peanut Butter Grain Crackers

Proteins

Planters Roasted Peanut and Salted Cashew Snack Packs

Go Raw Unsalted Pumpkin Seeds

Bumble Bee Chicken Salad Snack Packs

Comps Grass Fed Non-GMO Turkey Sticks

RX Mini Protein Bars

Additional Snack Items

Snyder's Gluten Free Pretzel Snack Packs

Garden Veggie Wavy Veggie Chips

Research shows that providing food services during the school day leads to several important outcomes such as improving student health, raising student achievement, and combating food insecurity.

How Students Obtain the Meals

- One teacher from each resource center is responsible for monitoring the supply and demand of the food items and placing orders to restock.
- Students are allowed items from each labeled shelf of the Meal Cart that is located in the resource center's designated eating area.
- Unlimited water is available.
- Students are allowed to eat in a designated area at any time during their daily visit to the resource center.
- Students obtain information about what constitutes a nutritiously adequate meal through signage at the resource center, school communications, and school staff. Instructional and support staff are informed on guidelines throughout the school year through various methods, including instructional meetings, resource center visits, and the Wave.
- Students are allowed to take home food items when requested.

Additional Food Resources

CalFresh is also known as the federal **Supplemental Nutrition Assistance Program (SNAP)**. It is a program for low-income families and individuals that meet certain income guidelines. CalFresh benefits help supplement a food budget and allow families and individuals to buy nutritious food.

CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way as a debit or ATM card. Eligibility and the amount of CalFresh benefits issued depend on household size, income, and certain living expenses.

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

Immediate Food Need

Families may be eligible to receive CalFresh within three days if they qualify for CalFresh Expedited Services. Families can also get food assistance through various community organizations throughout San Diego.

Families may also **call 2-1-1** or visit https://www.211.org/ for resources in their local community, across all counties in California.

For a quick search of other food resources visit:

http://sandiegofoodbank.org/get-help/need-food-zip-code-search/

https://feedingsandiego.org/get-help/

2-1-1 San Diego

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