

**MAINE SCHOOL ADMINISTRATIVE DISTRICT #53
Burnham – Detroit - Pittsfield**

Food and Beverage Offerings

Recognizing the obligation to provide a desirable educational environment, the MSAD #53 Board of Directors believes that any food or beverage item sold or offered in schools during the normal school day should be limited to those items which contribute to the nutritional needs of children, provide for the development of desirable food habits, and enhance the School District's health curriculum.

The Board requests that all school personnel encourage, promote, and model good food practices which, in turn, will help students develop eating habits that aid in their physical and mental development and ultimately help to prevent those illnesses which are diet related.

Food Services Program:

Foods sold or offered under the National School Lunch and Child Nutrition Act Programs (including Breakfast and Summer Feeding Programs) shall be governed by Federal and State regulations.

Sale of Foods or Beverages:

The sale of any food or beverage items on school property, other than as a part of the National School Lunch and Child Nutrition Act Programs, shall be subject to approval two (2) weeks in advance by the Principal and shall be in accordance with Board Policy 5.13 Competitive Food Sales.

Such food and beverage items should be limited to such items as:

- Fruit juices, (100%)
- Fresh fruits and vegetables
- Dried fruits
- Peanut butter crackers
- Cheese crackers
- Popcorn (unsalted)
- Nuts (unsalted)
- Ice Cream
- Vegetable juices
- Yogurt
- Sunflower seeds (unsalted)
- Sandwiches (made with whole grain or enriched bread)
- Muffins

- Milk
- Dry cereal (which contains less than 15% sugar)
- Hot cocoa
- Cakes or cookies, unfilled (made with whole grain or enriched flour)
Salad made with or containing vegetable and/or fruits
- Toast or English Muffins (made with whole grain or enriched bread)

Food as Rewards:

Food or beverage items generally should not be offered as rewards. However, subject to the approval of each administrator, nutritious foods may be offered occasionally as group rewards or to reinforce positive behavior of individual students. A student's parent/guardian or the school nurse may request that s/he not receive food or beverage items as a reward.

Legal Reference: Ch. 51 § 2 (Me. Dept. of Ed. Rules)

Policy Reference: 5.13 Competitive Food Sales

Adopted: October 7, 1991

Amended: December 4, 2000

Amended: November 14, 2005