



# NUTRITION PLAN



2021-  
2022



## **Nutrition Plan**

### **2021-2022**

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. Altus Charter Schools are proud to provide a nutrition program that serves all students a meal each school day that abides by the USDA and CDE breakfast requirements.

In 2018, California enacted AB1871 expanding the food services requirement to most charter schools. This act protects charter school autonomy while providing them the flexibility and support necessary to implement food programs. We abide by the State Meal Mandate for Non-classroom Based Charter Schools:

Charter schools offering non-classroom-based instruction must also offer at least one nutritionally adequate meal 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. The students need to be on campus to receive the meal.

School meals and snacks must meet the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans established by the USDA. The current meal pattern requirements increase the availability of fruits, vegetables, and whole grains in the school menu.

Altus Charter Schools follow the CDE Middle/High School Food Restrictions Code of Federal Regulations, along with the U.S. Department of Agriculture established guidelines for schools that do not have cafeterias and serve students for more than 2 hours a day.

## **Guidelines and Requirements**

Each FREE school provided 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 1/2 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 2% or less.

- **Vegetable:** This may be substituted for a fruit, but two cups per week must be from the dark green, red/orange, or legumes (beans /peas) or from the “**Other vegetables**” subgroup, as defined in 210.10(c)(2)(iii).
- **Whole Grains:** All grains must be whole grain rich.
- **Meat/Protein:** Schools may substitute 1 oz. of meat or meat alternative for 1 oz. equal of grains *after the minimum daily grain requirement is met*. Meat alternatives can be offered as extra food items that do not count toward the grain component but contains protein.

### **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
- Sunny Delight Vitamin C Drink
- Body Armor Vitamin Drink

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

- Stretch Island Leather Fruit Snacks (2 equal ½ serving of fruit)
- GoGo SqueeZ Apple and Banana Fruit Pouch (1 equals 1 serving of fruit)
- Fruit Crisps- Dried Apple (1 bag equals 1 serving of fruit)
- Dole Mixed Fruit Cups

### **Whole Grains and Protein**

*(six of the following seven items contains 3 or more grams of protein per serving)*

- Kashi - Chocolate Chip Chia Granola Bar (vegan)
- Nature Valley Sweet & Salty Nut Granola Bars
- Natures Bakery Raspberry Fig Grain Bar (vegan, nut free, and gluten free)
- KIND Healthy Grains Bars, Dark Chocolate Chunk
- Skinny Pop Original Popped Popcorn
- Whole Grain Goldfish
- Planters Roasted Peanut and Salted Cashew Snack Packs
- Pearl Classic Hummus Snack Packs
- Go Raw Pumpkin Seeds
- Bumble Bee Chicken Salad Snack Packs
- Comps Grass Fed Non-GMO Beef Stick

### **Additional Snack Items**

- Welch's Fruit Snacks
- Snyder's Gluten Free Pretzel Snack Packs

### **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.
- Each student is allowed items from each labeled containers that is organized in the resource center's designated eating area.
- Unlimited bottled water is available.
- Students are allowed to take home food items on an as needed basis.
- Students are allowed to eat in a designated area at any time during their daily visit to the resource center.

- Students are allowed to take home food items when requested.

The School Nutrition Programs plays a vital role in supporting children’s health and academic achievement. Participation in these programs is linked to increased cognitive function, increased attention span, and improved test scores. Recognizing these connections, Altus Charter Schools consistently provides adequate nutritional meals to at no charge to our students.

## **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 your 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 you would use a debit or ATM card. Eligibility and the amount of CalFresh benefits issued depend on your household size, income and certain living expenses.

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food\\_stamps.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html)

## **Immediate Food Need**

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

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](#) or call 2-1-1