

## Food Consumption Regulations

These Regulations are being put into place to help safeguard our students from any foodborne illnesses or communicable diseases that can potentially be spread from reusing or sharing food, Food Code (3-306.14).

To be in compliance with the Maricopa County Environmental Services Department regulations and all health codes **all food and beverage** that remains on a tray or not consumed by the student during breakfast or lunch will be completely discarded. There will be NO “Sharing Tables.”

To minimize food waste Nutrition Services will be providing ongoing training of what food and beverages are required to be taken during a meal to be an acceptable reimbursable meal under the Federal School Nutrition Program.

### **3 Required Items at Breakfast:**

- ½ cup of fruit or a juice
- Two other items – protein and/or grain, milk

### **Required Items at Lunch:**

- One food group serving from three of the following –grain, protein, dairy, fruit or vegetable.
- **Must have one** - ½ cup serving of any fruit **or** vegetable from the line ( this does not include salad bar items)

Examples:

- Pre-portioned tater tots, French fries, cooked vegetable, garden salad, canned fruit, fresh fruit
- All self serve vegetables, minimum ½ cup portion
- 4 oz container of juice

❖ **Milk is NOT required**

❖ **An entrée is not required**

***A student has a reimbursable lunch by simply taking 2 items: an Entrée and a ½ cup of fruit or vegetable.***

Please do not force students to take more than they would like especially if they do not take a milk and/or juice. A student will learn after a couple of trips through the lunch line that if they are thirsty they need to choose a milk or juice, but these are not required. Several students bring water bottles so they may not choose a beverage at lunch.

Students have ample opportunity to take enough food to be a filling meal. Students may choose multiple side dishes from the serving line and unlimited items at the salad bar. For this reason we do not feel that any child would not be able to take enough food during their **own** trip through the lunch line to satisfy them. Therefore, a sharing table is not needed to prevent a child from going hungry.

- **Only** Nutrition Services' Staff is certified to be handling food or beverages that are offered to students. Cafeteria monitors and custodians are not allowed to save and/or re-serve any food or beverage items to students, staff or themselves.
- Staff is NOT allowed to take or save any food or beverage from students at any time.
- Staff is Not allowed to take items at any time from the salad bar unless purchased from the Clerk in the kitchen.

Violation of these guidelines could result in a **major violation** with the Maricopa County Environments Services, Arizona Department of Education or USDA. Please help us keep our School Nutrition Program in compliance.