

# **NUTRITION**

- Policy on Nutrition
- Allowed Food Content
- List of Approved Beverages
- Beverages and Snacks Sold
- School Lunch Menu

## **POLICY ON NUTRITION**

The Center for Disease Control and Prevention has declared that obesity is the faster growing health threat in the United States, with obesity nearing tobacco as the number one health threat, and according to the 2002 Los Angeles County Health Survey, 55% of Los Angeles County's adult population are overweight or obese.

Today's children and youth have poor dietary habits and lack sufficient physical activity resulting in high percentages of overweight children, in the past 30 years the percentages has tripled in the United States.

The California Department of Education reported in 2002 that approximately 40% of 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders in Los Angeles County are overweight or at risk of becoming overweight and face an increased risk of chronic diseases such as asthma, type 2 diabetes, heart disease, and high blood pressure, as well as social stigma and depression;

Research has found a clear connection between good nutrition and student achievement, and schools that have implemented healthy food programs report fewer behavioral problems;

The Board of Regents of Prelacy Armenian Schools has established a policy on nutrition/obesity prevention and a policy on beverages, which is put into effect starting February 2004 on all Prelacy Armenian School campuses.

The only food and beverages authorized to serve or for sale at the all Prelacy Schools before, during, and until ONE HALF HOUR after the end of the school day to the students must meet the nutrient and beverage standards outlined in the following policies.

Students are not allowed to bring to school any food or beverage that violates the newly adopted nutrition policies. This includes food/beverage packed at home or purchased from nearby fast food stores and brought to school for consumption.

Foods packed at home or purchased from fast food stores must be in compliance with the nutrition policies established at school.

## **ALLOWED FOOD CONTENT**

In order to respond to the current obesity epidemic and to improve in the areas of nutrition, physical fitness, and nutrition education, the Board of Regents of the prelacy Armenian school has decided the following:

- A) The only food, excluding beverages, authorized to serve or for sale at the Prelacy schools (including but not limited to, the student store, vending machines, a la carte sales, and fundraising) before, during, and until one half hour after the end of school day at all Prelacy schools accessible to the students shall meet the following nutrient standards:
  - a. No more than 35% of total calories from fat (excluding nuts and seeds);
  - b. No more than 10% of total calories from saturated fat, including trans fat;
  - c. No more than 35% added sugar by weight (excluding fruits, vegetables, when used as additives);
  - d. No more than 600 mg of sodium per serving;
  
- B) Adopts the following serving portion sizes for all foods, excluding beverages:
  - a. Snacks and sweets (including, but not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruits, jerky): 1.5 oz
  - b. Cookies/cereal bars: 2 oz
  - c. Bakery Items (e.g. pastries, muffins): 3 oz
  - d. Frozen desserts, ice cream: 3 oz
  - e. Other entrée items and side dishes (including, but not limited to, French fries, onion rings) shall be no larger than the portions of those foods served.
  
- C) Directs the Principals and Preschool Directors to provide at least one vegetarian option that includes vegetable or fruit component;
  
- D) Directs the Principals and Preschool Directors to increase variety, visibility, and accessibility of fresh fruit and vegetables at school sites through facility design, and report to the Board of Regents;
  
- E) Directs the Principals and Preschool Directors to improve and broaden nutrition education materials within the K-12, and parents;
  
- F) Sets as policy the concept that cafeterias should be places of learning and therefore should provide informational posters and nutrition and nutrient information about all items served in cafeterias;
  
- G) Directs the Principals and Preschool Directors to develop guidelines to eliminate fast-food products (defined as companies primarily marketing high-fat, high calorie, and high sugar foods);
  
- H) Direct the Principals and Preschool Directors to work with organizations such as American Diabetes Association on education programs to be offered at school sites teaching healthy eating and lifestyle habits.

## **LIST OF APPROVED BEVERAGES**

The following List of Beverages is approved by Nutrition Services for All Schools on 05/02/2009. Only flavors and sizes specified below may be purchased and conform with the beverage policy- no other flavors may be sold or served to students in the District. Glass bottles are not allowed.

<b>BRAND</b>	<b>PRODUCTS</b>
8th Continent	Soy Milk, Original, Vanilla
All Brands*	Milk, Unflavored, Nonfat, or 1%, 1% Buttermilk
Aquafina (PepsiCo)	Purified Water, Plain, 20 oz. plastic bottle Aquafina Sparkling - Water with Natural Flavors- Original, Berry and Lemon Lime Flavors, 20 oz. plastic bottle.
Arrowhead	Sparkling Spring Mountain Waters w/Fruit Essences, Mixed Berry Essence, Sparkling Orange Essence, Sparkling Lime Essence, Sparkling Lemon Essence, 16.9 oz. bottle (1/2 liter)
Arrowhead	Mountain Spring Water, Plain, 8 oz. bottle, 1 liter, ½ liter, 20 oz., 24 oz. Sport Pack
Berkeley Street Beverages	California Freezies Concentrate, 100% Juice, Cherry-Licious, Groovy Grape, Tropical Blast, Slammin Strawberry, Wild and Wacky Watermelon, I Like It Lemony. This product may only be used in food facilities. A food facility must have a valid health permit. Each food facility must have an employee who has successfully passed an approved and accredited food safety certification examination
Big Bear Mountain	Premium Spring Water, Plain, ½ liter.
Blue Sky True Seltzer	Sparkling Water with Natural Flavors- Lemon, Lime, Plain
Bolthouse Farms	All Natural Strawberry Banana Fruit Smoothie, 15.2 oz. All Natural 100% Carrot Juice, 15.2 oz. All Natural Cranberry Lemonade, 15.2 oz. All Natural Mango Lemonade, 15.2 oz. 100% Valencia Orange Juice, 15.2 fl. oz. plastic bottle Passion Fruit Apple Carrot Juice, 15.2 fl. oz. plastic bottle
Calistoga	Mountain Spring Water, Plain, 24 oz. bottle
Calistoga	Sparkling Mineral Water with Fruit Essences – Lime Essence, Mandarin Orange Essence, Lemon Essence, Plain
Campbell's	100% Juice, Tomato, 5.5 oz. and 12 oz. can
Capri Sun	100% Juice Fruit Waves, Fruit Dive, Berry Breeze, Apple Splash Flavors, 6.75 oz. pouch
Clearbrook Farms Dairy (Cafeterias Only)	Nonfat Milk, Buttermilk, 1% Milk, Nonfat Chocolate Milk, ½ pint carton, 1% Chocolate Milk - 16 oz. plastic bottle, 100% juice- Orange, Apple, Wildberry, Grape & Pineapple – 4 oz. & 8 oz.
Country Choice	Certified Organic Cocoa, Dry Mix, 1 oz. individual packet
Crystal Geysler	Natural Alpine Spring Water, 16.9 oz. bottle, 25.3 oz. bottle

Crystal Geysler	Sparkling Mineral Water, Plain, Alpine Spring Water, Plain, 16 oz. bottle
Crystal Splash (Gold Coast)	Purified Water, Plain, 16.9 oz. ½ Liter
Dannon	Natural Spring Water, 16.9 oz.
Deja Blue	Non-Carbonated, Purified Water, 16.9 oz.
Dasani (Coca Cola)	Purified Water, Plain, 16.9 oz. (1/2 liter), 20 oz., 24 oz. Sport Top
Dole	100% Juices, 16oz. bottle or 15.2 oz. PET bottle, Orange Juice, Apple Juice, Grape Juice, Ruby Red Grapefruit Juice, Pineapple Peach Mango, Cranberry
Disney Juices	100% Juice, Apple White Grape, Apple Berry, Apple Juice
Driftwood Dairy (Cafeterias Only)	Nonfat Milk, Buttermilk, 1% Milk, Nonfat Chocolate Milk, ½ pint carton, 1% Chocolate Milk - 16 oz. plastic bottle, 100% juice- Orange, Apple, Wildberry, Grape, and Pineapple – 4 oz. and 8 oz.
Dr. Smoothie	100% Juice Smoothies, 12 oz. maximum., Strawberry, Four Berry, Pineapple Paradise, Peach Pear Apricot, Mango Tropics, North West Berry, Wild Cherry Cranberry, No vitamin, mineral, protein or herbal supplement additives. This product may only be used in food service locations with certified food handlers in accordance with California Retail Uniform Food Facilities Laws- Article 1, Code 113716 and Article 3, Code 133920, 113923
Edensoy	Soy Milk, Vanilla Extra Flavor only.
Fiji	Natural Artesian Water, Plain, 16.9 oz.
Evian	Plain Natural Spring Water, 16.9 oz. (1/2 liter)
Everfresh	100% Juice, Purple Grape Juice, Apple Juice, Grapefruit Juice, Orange Juice, 12 oz. bottle
Evolution*	100% Juices – Carrot Juice, Organic V, Incredible Vegetable, Mango/Orange/Pineapple, Cold Pressed Apple, Organic Apple, Grapefruit Juice, Tangerine Juice, Apple and Berries, Watermelon Juice, Fresh Squeezed Organic Orange Juice, Fresh Squeezed Orange Juice
Florida's Natural	100% Juices – Orange Juice, 10 oz. & 16 oz. plastic bottle, 11.5 oz. can Apple Juice, 10 oz. & 16 oz. plastic bottle, 11.5 oz. can Fruit Medley Juice Blend, 11.5 oz. can Grapefruit Juice, 10 oz. plastic bottle Grape Juice, 10 oz. plastic bottle, 11.5 oz. can Kiwi Strawberry, 11.5 oz. can Orange Pineapple Juice, 10 oz. plastic bottle Apple Grape Juice, 11.5 oz. can
Fruit 66	All Natural Sparkling Fruit Juice 8oz can, Apple Berry, Fruit Punch, Orange Tangerine, Strawberry Kiwi
Giga Fruit (Veryfine)	100% Juice Blends, 11.5 oz. can, Stark Raving Orange, Banana Madness, Twisted Cherry and Crazy Kiwi.
Hansen's Juice Slam	100% Fruit Juice- Wild Berry, Strawberry-Banana Twist, Paradise Punch, 8.45 oz. box

Hansen's Natural Juice	100% Juice, Apple Blasters- 6.75 oz. box; Tropical Peach, Berry Blaze, Apple Grape, Apple Juices, 10 oz.
Hershey's	Chocolate Milk, Fat Free, 16 oz. plastic bottle
Hub's Family Juice	Orange Plus, 16 fl. oz.; Mango Peach Smoothie, 16 fl. oz.; Raspberry Smoothie, 16 fl. oz.; Strawberry Smoothie, 16 fl. oz.
Izze (PepsiCo)	100% Sparkling Fruit Juices, 8.4 oz. can, Sparkling Grapefruit, Sparkling Blackberry, Sparkling Apple, Sparkling Clementine
Jamba Juice	8 oz All fruit Smoothies: Strawberry Whirl, Peach Perfection, Mega Mango and Pomegranate
Juicy Juice (Nestle)	100% Juices, Punch, Berry, Grape, Apple, Cherry, Kiwi Strawberry, Orange Tangerine Flavors, 6.75 oz. and 4.23 oz. Boxes
Kirkland	Signature Premium Drinking Water, ½ liter plastic bottle
Langer's	100% Juice Items Only- Flavors: Purple Grape Juice, Apple Juice, Mixed Berry-7 juice Blend, White Grapefruit Juice, Pineapple Juice, Cranberry 100% Juice Blend, Tropical Punch 100% 5-Juice Blend, 10 oz. and 16 oz. plastic bottles
Langer's H2O	Purified Unflavored Water, ½ liter and 1 liter plastic
Le Nature's	Ice Water, Non Carbonated Purified Water, Squeeze of Lemon, Peach Mango, Kiwi-Strawberry, Twist of Lime, 20 oz. bottle.
Libby's Juicy Juice	100% Juice, Apple, Grape, Cherry & Orange-Tangerine Flavors, 6.75 oz. box
Libby's J-Max	100% Juice, Watermelon Madness, Wild Cherry Craze, Berry Lemon Blast, Apple Frenzy Flavors, 16 oz. plastic bottle
Minute Maid*	100% Juice, Orange, Apple, and Calcium Added Orange Juice - 12 oz. can, 8 oz. plastic bottle, 15. 2, 16 oz., or 12 oz. plastic bottle 100% Juice, Grape, Mixed Berry, and Fruit Medley, 12 oz. plastic bottle
Minute Maid	100% Juices, Orange Tropical, Fruit Punch, Apple, Orange, Mixed Berry – 6.75 oz. box
Monterey Bay Beverage Co.	100% Juice Blends, Lemonade, Raspberry Guava, Strawberry-Papaya-Kiwi, Kiwi-Lime, Aruba Orange, Pina Colada flavors, 10 oz. plastic bottle
Mott's	100% Juice, Grape, 6.75 oz. box
Mr. J'S	Klear Splash Premium Water, 8 oz. pouch
Naked Juice*	Carrot-O-Copia, Just Fresh-OJ, Strawberry Banana, Tangerine Scream, Just Apple- 10 oz. plastic bottle
Nantucket Nectar	100% Juice, Cloudy Apple, Banana Mango Carrot, 15 oz. plastic bottle
Niagra	Water, Plain, ½ liter plastic bottle
Nestle Nesquick	White Milk, 1% Low fat, Chocolate Fat-Free Milk-Nonfat, Chocolate Low fat Milk-1%, Double Chocolate Low fat Milk-1%, Very Vanilla Low fat Milk-1%, 14 oz. plastic bottles Chocolate Milk, 1% Low fat, 8 oz., Product Code 61650
Northland	100% Juices (no added sugar), Cranberry, Cranberry-Grape, Cranberry-

	Raspberry, 5.5 oz. can
Odwalla*	100% Juices, Carrot Juice, Organic Carrot Juice, Organic Orange Juice, Blackberry Fruit Shake, Strawberry Banana, Mango Tango, Orange Juice,
Pacific Foods	Soy Milk, Vanilla
Penta H2O	Ultra Purified Drinking Water, 20 oz. plastic bottle
Perrier	Naturally Carbonated Mineral Water, Unflavored, ½ liter (1 pint) plastic bottle
Switch Beverage	8.3 oz Beverages: Orange Tangerine, Black Cherry, Watermelon Strawberry, Grape, Fruit Punch, Kiwi Berry
Waddablast	50% Juice Beverages, 8 oz. plastic bottle, Watermelon, Fruit Punch, Lemon
Waddajuce	50% Juice Beverages, 8 oz. plastic bottle, Apple, Wild Berry, White Grape
Welch's	100% Juice, Apple, Grape, or Orange Juice, 12 oz. can or 16 oz. plastic bottle 100% Juice, White Grape-Berry, White Grape-Cherry, Grapefruit, Orange, Apple, Grape, White Grape-Peach flavors, 11.5 oz can or 10 oz. plastic bottle 100% Juice, Apple, Orange, Grapefruit, Grape, 5.5 oz.
Wildwood	Organic Soy Milk, Unflavored and Chocolate Flavors

## **BEVERAGES AND SNACKS SOLD**

The following beverages and snacks are available to the students at the Encino Campus:

### **BEVERAGES** (\$1 per item)

1. Gatorade -12 oz
2. Capri Sun, 100% juice
3. Naked Juice, 100% juice smoothie -10 oz (apple, banana, orange, strawberry,)
4. Probiotic smoothie -10 oz
5. Minute Maid 100% - 10 oz (apple, orange, mixed berry juice)
6. Snapple fruit juice
7. V8 100% vegetable juice - 11.5 oz
8. Knudsen 100% orange juice -16 oz
9. Tahn (Armenian yogurt/madzoun drink)
10. Bottled water large

### **SNACKS** (\$1 per item)

1. Variety of fresh fruits (orange, banana, apple, etc.)
2. Veggies - celery, carrot, broccoli with ranch dip
3. Muffins and breads (banana, zucchini)
4. Granola bars (Quaker Oats)
5. Trail mix and Blue Diamond Almond packs
6. Rice cake (large portion)
7. Jell-O cups with fresh fruit
8. Low fat fruit yogurt (Yoplait or Dannon)
9. Pretzel

### **BRUNCH** (\$2 per item)

Mon	- Bagel & cream cheese - Cold cereal with milk - Ham (or Turkey) & cheese sandwich	Croissant, plain	Cheese beureg
Tue	- Bagel & cream cheese - Cold cereal with milk - Ham (or Turkey) & cheese sandwich	Pasta salad	Quesadilla
Wed	- Bagel & cream cheese - Cold cereal with milk - Ham (or Turkey) & cheese sandwich	Croissant w/ nutella	Sujukh sandwich
Thu	- Bagel & cream cheese - Cold cereal with milk - Ham (or Turkey) & cheese sandwich	Pasta salad	Quesadilla
Fri	- Bagel & cream cheese - Cold cereal with milk - Ham (or Turkey) & cheese sandwich	Croissant, plain	Manaesh

## SCHOOL LUNCH MENU

	Mon	Tue	Wed	Thu	Fri
1st Week	Shell pasta w/ garlic, basil, sliced tomato, garlic bread, Iceberg lettuce with ranch dressing, Jell-O	Cheese quesadilla Side of pinto beans & celery sticks & bell pepper wedges with ranch dip, Jell-O	Chicken fajita, 2 tortillas, spanish rice, guacamole, sour cream	All beef hot dog, macaroni/cheese, green salad	Beef teriyaki sautéed with broccoli served on white rice, Jell-O
2nd Week	Spagetti & meat sauce, garlic bread, iceberg lettuce salad with ranch	Chicken kebab, rice salad, sliced bell peppers (green, orange, yellow)	Hamburger (top sirloin beef) with cheese, lettuce & tomato on the side with baked fries ketchup / mustard	Shredded beef taco in hard shell, sliced lettuce, shredded cheese & salsa on the side, beans on the side, Jell-O	Chicken Nuggets white meat, 4pieces french fries green salad Jell-O
3rd Week	Grilled cheese melt baked fries Iceberg lettuce salad with ranch, tomato wedge, celery sticks, Jell-O	Roast beef with mushrooms, mashed potatoes, gravy, steamed peas & carrots	Chicken tenders sandwich white buns Iceberg Lettuce Ranch dressing	Lule kebob with bulgur pilaf and pita bread with labne, Armenian salad	Thin crust pizza with mushroom and/or pepperoni topping, Caesar Salad w/ croutons
4th Week	Spagetti & meat sauce, garlic bread, iceberg lettuce salad with ranch *	Chicken Patties Hash browns Iceberg lettuce Ranch dressing	Cheese & Beef Bureg, Hummus Pita bread, Armenian salad	Beef fajita, 2 tortillas, Spanish rice, guacamole, sour cream	Cesar Salad with white chicken meat Baked potato
5th Week	Shell pasta w/ garlic, basil, sliced tomato, garlic bread, Iceberg lettuce with ranch dressing, Jell-O *	Cheese quesadilla Side of pinto beans & celery sticks & bell pepper wedges with ranch dip, Jell-O *	Chicken fajita, 2 tortillas, spanish rice, guacamole, sour cream*	All beef hot dog, macaroni/cheese, green salad *	Beef teriyaki sautéed with broccoli served on white rice, Jell-O *