

BELMONT-HARRISON VOCATIONAL SCHOOL DISTRICT

Belmont Career and Technical Center
110 Fox-Shannon Place
St. Clairsville, Ohio 43950-8751
(740) 695-9130
Fax (740) 695-5340
Fax (740) 695-5330

110 Fox-Shannon Place
St. Clairsville, Ohio 43950
(740) 695-9130

Richard Schoene, *Superintendent*
Mark Lucas, *Treasurer*

Harrison Career and Technical Center
82500 Cadiz-Jewett Road
Cadiz, Ohio 43907-9427
(740) 942-2148
Fax (740) 695-4866

Food & Nutrition Services Mission Statement

The Belmont-Harrison Vocational School's Food & Nutrition Services will provide nutritious and appetizing meals to students in a sanitary, educational environment. We will serve, nourish and educate our students on the importance of healthy, nutritious eating. This mission will be pursued in an efficient and cost effective manner and in compliance with the guidelines of the Ohio Department of Education

Belmont-Harrison Vocational School District

SALE AND CONSUMPTION OF NUTRITIONAL FOODS

The Board of Education supports the National School Lunch and Breakfast program. Each day schools are in session, lunchrooms, under the operation of the Food Services Department, will serve students foods approved under United States Department of Agriculture guidelines during scheduled breakfast and lunch periods.

Prior to and during serving times, no food/beverages shall be sold to students at any location, including vending machines and school stores, within the building other than the lunchroom sales operated by the Food Services Department. Sales of food/beverages at other times, in locations other than the lunchroom, may be approved by principals in accordance with the following guidelines:

- A. All foods offered for sale during the school day will comply with the District's Wellness Policy and District's Nutritional Standards.
- B. Fund raising food sales should encourage and support lifelong wellness practices.

Food sales to staff during the school day and to students at the end of the regular and extended day are at the discretion of each school's wellness committee.

In accordance with provisions of the Ohio Revised Code, all sales made in the lunchroom during the school day must accrue to the Food Service Account.

Belmont-Harrison Vocational School District

With nearly one-third of children and teens overweight or obese in the U.S., schools across the country are encouraged to develop nutrition guidelines for foods and beverages sold to students.

These guidelines ensure that foods and beverages sold in school vending machines, a la carte lines and school stores meet nutrition standards that place limits on calories, certain nutrients and portion size.

School Beverage Guidelines

Beverages	High School
Water with no added sugars, artificial sweeteners or sodium	Any Size
Plain Fat Free or Low Fat Milk Up to 150 calories per 8 oz	12 oz (225 calories)
Flavored Fat Free or Low Fat Milk Up to 150 calories per 8 oz	12 oz (225 calories)
Twelve ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners that contain no more than 160 calories per eight ounces	12 oz (240 calories)
Any size beverage that contains no more than 10 calories per 8 ounces. This may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring	12 oz (15 calories)
Twelve ounces or less of any beverage that contains no more than 66 calories per 8 ounces	12 oz (99 calories)
At least 50% of the a la carte beverages available for sale during the regular and extended school day must be water or other beverages that contain not more than 10 calories per 8 ounces.	

School Food Guidelines

High School	Calories	Total Fat	Sat Fat	Trans Fat	Sugar by Weight	Sodium mg
Dried Fruit w/no added sugar	200	0g	0g	0g	Exempt	230mg
Nuts, Nut Butters and Seeds	200	Exempt	Exempt	0g	35%	230mg
Low Fat and Fat-Free Dairy	200	35%	10%	0g	35%	480mg
Soup and Vegetables w/Sauce	150 If contains at least two of the following: 2g fiber; 5g protein; 10% DV Vit A, C, E, folate, calcium, magnesium, potassium, or iron; 1/2 serving (1/4 cup) fruit or vegetables	35%	10%	0g	35%	480mg If contains at least one of the following: 2g fiber; 5g protein; 10% DV Vit A, C, E, folate, calcium, magnesium, potassium, or iron; 1/2 serving (1/4 cup) fruit or vegetables
Snacks	200	35%	10%	0g	35%	230mg
Fruit with Nuts (trail mix)	200	Exempt	10%	0g	35%	230mg
Fresh Fruit	Exempt	Exempt	Exempt	Exempt	Exempt	Exempt

Sales of candy and other foods and drinks outside of the regular or extended school day are at the discretion of the school's wellness committee. However, healthy food choices for fundraising or non-food based fundraising are highly recommended.

Meals served through the National School Breakfast, Lunch, Snack and Summer Food Service Programs will meet, at a minimum, nutrition requirements established by local, state and federal regulations and will conform to standards outlined in the Healthier US School Challenge.