



Food Policy & Food Access

The better students eat at school, the more they learn. Academy 360's food services are provided by DPS' Food & Nutrition Services. Breakfast is served school wide between 7:45-8:10am and lunch is served between 11:00am-1:00pm (11:30a for ECE). ***We are a peanut free school as we have students with severe peanut allergies; no fast food is allowed.***

Below are details regarding meals, snacks and beverages at school:

Breakfast – Breakfast is a part of Academy 360's school day, is free of charge, and served to all students. ***No outside food is permitted at breakfast, including fast food.***

Lunch – Academy 360's lunch menu provides students with at least two meal options per day, including a vegetarian option. Additionally, Academy 360 is pleased to offer a daily salad bar for its students. The school strongly encourages all families to participate in the school's lunch program. The cost of lunch is approximately \$2.45/day for those families that do not qualify for free or reduced lunch. A lunch calendar will be emailed monthly. Should you choose to pack your student's lunch, you must follow the guidelines below. Families paying for their students' lunch may do so at www.myschoolapps.com

Snacks – Academy 360 is part of the Fresh Fruits & Vegetable program, which provides all K-5 students with an afternoon snack Monday through Friday. ECE students receive daily snack Monday-Thursday from DPS (Friday's shortened schedule does not include a snack.) Should you decide to pack a snack for your student, please follow the guidelines below.

Beverages – Our students receive milk, water and 100% fruit juice (occasionally at breakfast) throughout the school day; all other beverages should be left at home, including sugar-sweetened beverages. ***Students are only allowed to bring water to school.*** Please provide a durable water bottle for your student.

Families not participating in the school lunch program are required to follow the below guidelines:

Here are some easy to follow guidelines for your student's lunch (no fast foods):

- **FRUIT & VEGETABLES:** Fill half the lunch with fruits and vegetables;
- **GRAINS:** Sandwiches, pita chips, wraps and the like should be made with grains;
- **PROTEINS:** Boost lunches with lean red meat, skinless poultry, deli meats, fat-free or low- fat cheese, beans, and tofu.
- **BEVERAGES:** Water and milk. No sugar or artificial sugar sweetened beverages;
- **SNACKS:** Snacks high in protein, low in sugar and fat (think cheese sticks, hummus and pretzels, dry cereal, apples – see the graphic below for more ideas)

Lunches or snacks that do not follow Academy 360's outside food policy guidelines will be returned home uneaten, and students will be served a school lunch or snack. The Director of Wellness & Operations will call the parents to discuss what food item(s) need to be removed or changed.

If your student is a challenging eater, please discuss food options with Mrs. Becky, Director of Wellness & Operations. She can be reached in-person, at (720) 336-0320 or rebecca@academy-360.org.

Healthy Snack Suggestions

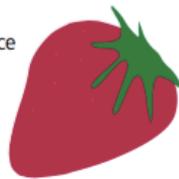
Here are some healthy snacks—all 100 calories or less.

Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with
2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice



Source: USDA National Nutrient Database for Standard Reference, Release 19

Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers, unsalted
- 2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

No Cost Grocery Store

Academy 360, in partnership with Denver Food Rescue, hosts a weekly no cost grocery store for its families and the community. Each week the store receives 400-700 pounds of fresh food to give away. Grab your bags and come shopping at the school every Thursday at 3:30p outside by the playground (the store will be hosted inside the cafeteria during inclement weather).

Food & Clothing Pantry

Academy 360 has its own internal food and clothing pantry accessible to all families. Should you need to access this pantry, please contact Mrs. Becky.

Guidance for Birthday Recognition

In order to make birthdays special for children celebrating a birthday and at the same time respecting children who do not celebrate, the guidance below will be followed:

- Teachers will decide what to use in their respective classroom to make children celebrating a birthday feel special (e.g., a special hat, scarf, vest, crown, etc.).
- Teachers will develop ways for classmates to honor their friends and make them feel special (e.g., a letter, card, or book made by classmates).

Acceptable Foods for Birthdays and Other Celebrations

Families should follow our food policy guidelines should they be interested in sharing food with their student's class to acknowledge a birthday or other celebration. Fruit trays, cheese sticks, granola bars (without peanuts) or yogurt smoothies are great items for such occasions. Although we understand cupcakes and cakes are often seen as traditional foods for such occasions, we ask that you not bring them to school.

School Garden

In partnership with Children's Farms of America and the Denver Permaculture Guild, Academy 360 seasonally plants and harvests fruits and vegetables for student consumption. The school also plants flowers, herbs, and other items to build student inquiry and deepens the connection to real world.