



Food Program & Policy – All Students, All Grades

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 between 8:00-8:20am (8:00-8:45a for ECE) and lunch varies from 10:45a-12:45p (with older students eating later in the window).

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.

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. A lunch calendar will be posted on the school's website. Should you choose to pack your student's lunch, you must follow the guidelines below.

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 from DPS. 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 (only at breakfast) during meal services. All other beverages should be left at home, including sugar-sweetened beverages and soda of any kind. Please provide a durable water bottle for your student. *Your student will see staff members only drinking water, coffee, or tea as we too model healthy beverage habits.* **Students are only allowed to bring water to school.**

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. No soda;
- **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 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 Director. 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).

Additionally, the Struggle of Love Foundation, co-located in our school, hosts a food pantry daily from 12p-2pm in the East side parking lot.

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 the front office or 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.

ⁱBradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

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ⁱⁱⁱMurphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36. ^{iv}Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

^vPollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

^{vi}Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

^{vii}Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213. ^{viii}MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

^{ix}Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

^xNeumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

^{xi}Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010. ^{xii}Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

^{xiii}Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

^{xiv}Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071. ¹⁵Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-a>

