

**Baltimore County Public Schools  
Office of Food and Nutrition Services**

**Operating Manual**

<b>Subject:</b> Wellness	<b>Number:</b> WEL 100
<b>Subject Description:</b> Nutrition Environment and Services	
<b>Date Issued:</b> September 12, 2017	<b>Revised:</b>

**Purpose**

School meals must meet federally defined standards that are based on the Dietary Guidelines for Americans.

**Background**

The school meals program aims to improve the diet and health of school children, help mitigate childhood obesity, and model healthy eating to support the development of lifelong healthy eating patterns.

**Procedure**

- A. The Office of Food and Nutrition Services (OFNS) shall administer the United States Department of Agriculture (USDA) child nutrition programs in accordance with federal and state regulations, Board Policy and Superintendent’s Rule 3310, *Food and Nutrition Services*, and school system procedures and agrees to:
  - 1. Make school meals accessible to all students that are planned according to USDA nutrition standards.
  - 2. Make free potable water available where school meals are served during meal time.
  - 3. Plan meals that are appealing to students.
  - 4. Serve meals in clean and pleasant surroundings.
  - 5. Accommodate students with special dietary needs.
  
- B. Nutrition Education
  - 1. The OFNS will include the posting of menus with nutrition content on its Web site.
  - 2. Nutrient content will include á la carte and snack food on its Web site.
  - 3. OFNS will encourage the inclusion of healthy foods in nutrition education and tasting settings and promote healthy activities.
    - Foods made available as part of nutrition education activities will meet or exceed the Maryland Nutrition Standards for All Foods Sold in School and may include a lesson plan with key messages from the Dietary Guidelines for Americans or MyPlate.
    - Recommended food samples may be offered in one- to two-bite portions.

- Teachers may serve prepackaged samples or food prepared by teachers who have received training in food safety.

C. Food and Nutrition Staff Training

1. School nutrition staff will participate in training and staff development activities according to the USDA professional standard for child nutrition professions, cafeteria managers, and food service workers.

**References:** United States Department of Agriculture, Local School Wellness Policy – Final Rule, [USDA School Wellness Policy](#)  
United States Department of Agriculture, Center for Nutrition Policy and Promotion, *2015-2020 Dietary Guidelines for Americans, Eighth Edition*  
United States Department of Agriculture, Center for Nutrition Policy and Promotion, MyPlate/MiPlato, June 2011  
Baltimore County Public Schools, Board Policies and Superintendent’s Rules 5470, Wellness, and 3310, Food and Nutrition Services