

School Wellness Policy Attributes “Whole Grains”

District Name	BP/AR	Page #	Sentence
Alpine Union	BP 5030	b	<p>“<u>School Meals</u>: Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> include whole grain foods at least three times per week.”
Cajon Valley Union	AR 3550	B	<p>At each elementary school, an individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)</p> <ol style="list-style-type: none"> Not more than 35 percent of its total calories are from fat. Not more than 10 percent of its total calories are from saturated fat. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. Its total calories do not exceed 175 calories.
Carlsbad Unified	AR	7	The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is advised.
Del Mar Union	BP	3	“Ensure that half of the served grains are whole grain.”
Encinitas Union	AR	A f	<ul style="list-style-type: none"> ensure that half of the served grains are whole grain promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
Escondido Union	BP	4	School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible.
Escondido Union High	AR	2	<p>Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> - ensure that at least fifty percent of the served grains are whole grain;
Grossmont Union High	BP 5030	7	<ol style="list-style-type: none"> ENSURE NUTRITIONAL STANDARDS ARE BEING MET IN THE SCHOOL LUNCH/BREAKFAST PROGRAM <ol style="list-style-type: none"> The District will ensure that a minimum of 50% of all grains served are whole grains.

			This standard exceeds the federal requirement.
La Mesa Spring Valley	AR	A	f. Ensure that half of the served grains are whole grain and/or a mixture of grains
Poway Unified	BP	3	b. Promotion of fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products as healthy eating choices.
	BP	5	g. Contain whole grains (listed as the first ingredient on the label) in at least half of the grains served.
San Pasqual Unified	Appendix B	3	<u>Healthy Grains (bread, crackers, cereals, etc.)</u> Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispy treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight and the saturated and trans fat low (<i>i.e., less than 10% of calories, or about one gram or less per serving</i>).
Solana Beach	E	4	promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices;