

Kansas Wellness Policy Builder – Part 1. Nutrition

Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A

| A. School Meals – General Atmosphere | | Elem | MS | HS |
|---|---|------|----|----|
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1 | The dining area is clean. <i>(Basic)</i> | | | |
| 2 | The dining area is orderly. <i>(Basic)</i> | | | |
| 3 | The dining area has a reasonable noise level. <i>(Basic)</i> | | | |
| 4 | The dining area has an attractive appearance. <i>(Basic)</i> | | | |
| 5 | The dining area has adequate seating to accommodate all students during each meal period. <i>(Basic)</i> | | | |
| 6 | The dining area has adequate adult supervision. <i>(Basic)</i> | | | |
| 7 | Students are allowed to converse with one another while they eat their meals. <i>(Basic)</i> | | | |
| 8 | The lunch hour is closed. Students must have permission to leave the school campus. <i>(Basic for Elem and MS, Advanced for HS)</i> | | | |

| B. School Meals - Breakfast | | Elem | MS | HS |
|---|---|--------------------------|--------------------------|--------------------------|
| If the School Breakfast Program is NOT offered, check here and skip to section C. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1 | All school breakfasts comply with USDA regulations and state policies. <i>(Basic)</i> | | | |
| 2 | Students have at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line. <i>(Basic)</i> | | | |
| 3 | Guidelines for pre-packaged cereals: <ul style="list-style-type: none"> • 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • 1 g. or more of fiber per serving | | | |
| | a. Less than 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Basic)</i> | | | |
| | b. At least 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Advanced)</i> | | | |
| | c. All pre-packaged cereals offered meet both of the above guidelines. <i>(Exemplary)</i> | | | |
| 4 | Foods containing whole grains are offered: | | | |
| | a. Fewer than 3 days a week <i>(Basic)</i> | | | |
| | b. At least 3 days a week <i>(Advanced)</i> | | | |
| | c. Daily <i>(Exemplary)</i> | | | |

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| B. School Meals – Breakfast, continued | | Elem | MS | HS |
|--|--|------|----|----|
| 5 | Fresh, canned, dried or frozen fruits and/or vegetables are offered: | | | |
| | a. Fewer than 3 days a week <i>(Basic)</i> | | | |
| | b. At least 3 days a week <i>(Advanced)</i> | | | |
| | c. Daily <i>(Exemplary)</i> | | | |
| 6 | Low-fat (1% or ½%) and/or skim (nonfat) milk are offered: | | | |
| | a. Infrequently or not at all <i>(Basic)</i> | | | |
| | b. Daily <i>(Advanced)</i> | | | |
| | c. Exclusively <i>(Exemplary)</i> | | | |

| C. School Meals – Lunch | | Elem | MS | HS |
|---|--|------|----|----|
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1 | All school lunches comply with USDA regulations and state policies. <i>(Basic)</i> | | | |
| 2 | a. Students have at least 15 minutes to eat lunch not including time spent walking to/from class or waiting in line. <i>(Basic)</i> | | | |
| | b. Students have at least 20 minutes to eat lunch not including time spent walking to/from class or waiting in line. <i>(Advanced)</i> | | | |
| 3 | An entrée choice with total fat of 16 g. or less per serving is offered: | | | |
| | a. Fewer than 3 days a week <i>(Basic)</i> | | | |
| | b. At least 3 days a week <i>(Advanced)</i> | | | |
| | c. Daily <i>(Exemplary)</i> | | | |
| 4 | The number of fruit and/or vegetable choices offered daily is: | | | |
| | a. At least 2 <i>(Basic)</i> | | | |
| | b. At least 3 <i>(Advanced)</i> | | | |
| | c. At least 4 <i>(Exemplary)</i> | | | |

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| C. School Meals – Lunch | | Elem | MS | HS |
|-------------------------|--|------|----|----|
| 5 | Fresh fruits or vegetables are offered: | | | |
| | a. Fewer than 3 days a week <i>(Basic)</i> | | | |
| | b. At least 3 days a week <i>(Advanced)</i> | | | |
| | c. Daily <i>(Exemplary)</i> | | | |
| 6 | Fewer than 5 different fruits and 5 different vegetables are offered weekly. <i>(Basic)</i> | | | |
| 7 | At least 5 different fruits and 5 different vegetables are offered weekly. <i>(Advanced)</i> | | | |
| 8 | At least 10 different fruits and 10 different vegetables are offered monthly. <i>(Exemplary)</i> | | | |
| 9 | A food item containing whole grain is offered: | | | |
| | a. Fewer than 3 days a week <i>(Basic)</i> | | | |
| | b. At least 3 days a week <i>(Advanced)</i> | | | |
| | c. Daily <i>(Exemplary)</i> | | | |
| 10 | Low-fat (1% or ½%) and/or skim (nonfat) milk are offered: | | | |
| | a. Infrequently or not at all <i>(Basic)</i> | | | |
| | b. Daily <i>(Advanced)</i> | | | |
| | c. Exclusively <i>(Exemplary)</i> | | | |
| 11 | Salad dressings contain: | | | |
| | a. More than 12 g. of fat per ounce <i>(Basic)</i> | | | |
| | b. 12 g. or less of fat per ounce <i>(Advanced)</i> | | | |
| | c. 6 g. or less of fat per ounce <i>(Exemplary)</i> | | | |
| 12 | Desserts with more than 5 g. of fat per serving are offered: | | | |
| | a. More than 2 times per week <i>(Basic)</i> | | | |
| | b. No more than 2 times per week <i>(Advanced)</i> | | | |

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| D. A la Carte | | Elem | MS | HS |
|--|---|--------------------------|--------------------------|--------------------------|
| If a la carte foods or beverages are NOT offered, check here and skip to section E. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1 | A la carte items are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <i>(Basic)</i> | | | |
| 2 | The same portion size of any food item(s) served that day in the school lunch or school breakfast program is offered a la carte. <i>(Advanced)</i> | | | |
| 3 | Fruits and/or vegetables are offered a la carte. <i>(Exemplary)</i> | | | |
| 4 | a. Regular yogurt is offered a la carte. <i>(Advanced)</i> | | | |
| | b. Low-fat/nonfat yogurt is offered a la carte. <i>(Exemplary)</i> | | | |
| 5 | Guidelines for “other” a la carte items (i.e. items other than those listed above) per serving: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) Calories – 200 calories or less per selling unit. | | | |
| | a. Less than 50 percent of other a la carte items meet all of the guidelines above. <i>(Basic)</i> | | | |
| | b. At least 50 percent of other a la carte items meet all of the guidelines above. <i>(Advanced)</i> | | | |
| | c. All other a la carte items meet all of the guidelines above. <i>(Exemplary)</i> | | | |
| Circle the corresponding letter next to each a la carte item that will be offered at each school level. Skip each item that will not be offered. | | | | |
| 6 | Water (non-caloric) <i>(Exemplary)</i> | | | |
| 7 | a. Fluid milk (any fat content) <i>(Basic)</i> | | | |
| | b. Only milk with 360 calories or less per selling unit <i>(Advanced)</i> | | | |
| | c. Only low-fat (1% or ½%) and/or skim (nonfat) milk <i>(Exemplary)</i> | | | |
| 8 | Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) <i>(Advanced)</i> | | | |
| 9 | a. Only juice products containing at least 50% juice <i>(Advanced)</i> | | | |
| | b. Only 100% juice <i>(Exemplary)</i> | | | |

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| E. Vending – Machines & School Stores | | Elem | MS | HS |
|--|---|--------------------------|--------------------------|--------------------------|
| If vended foods or beverages are NOT offered, check here and skip to section F. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1 | The sale of foods of minimal nutritional value is not allowed on school property in areas accessible to students: | | | |
| | a. In food service areas during the food service period <i>(Basic)</i> | | | |
| | b. Until one hour after the end of the last lunch period <i>(Basic)</i> | | | |
| | c. Until after the end of the school day <i>(Advanced)</i> | | | |
| | d. At all <i>(Exemplary)</i> | | | |
| 2 | Guidelines for vended food items per selling unit: <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) • Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • Calories – 200 calories or less per selling unit | | | |
| | a. Less than 50 percent of vended food items meet all of the guidelines above. <i>(Basic)</i> | | | |
| | b. At least 50 percent of vended food items meet all of the guidelines above. <i>(Advanced)</i> | | | |
| | c. All vended food items meet all of the guidelines above. <i>(Exemplary)</i> | | | |
| Circle the corresponding letter next to each vended item that will be offered at each school level. Skip each item that will not be offered. | | | | |
| 3 | Water (non-caloric) <i>(Exemplary)</i> | | | |
| 4 | a. Fluid milk (any fat content) <i>(Basic)</i> | | | |
| | b. Only milk with 360 calories or less per selling unit <i>(Advanced)</i> | | | |
| | c. Only low-fat (1% or ½%) and/or skim (nonfat) milk <i>(Exemplary)</i> | | | |
| 5 | Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) <i>(Advanced)</i> | | | |
| 6 | a. Only juice products containing at least 50% juice <i>(Advanced)</i> | | | |
| | b. Only 100% juice <i>(Exemplary)</i> | | | |
| 7 | Electrolyte replacement beverages that contain not more than 48 g. of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers. <i>(Advanced)</i> | --- | --- | |

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| E. Vending – Machines & School Stores, continued | | Elem | MS | HS |
|--|---|------|----|----|
| 8 | All school employees serve as positive role models by adhering to vending guidelines adopted for students at the: | | | |
| | a. Basic level (<i>Basic</i>) | | | |
| | b. Advanced level (<i>Advanced</i>) | | | |
| | c. Exemplary level (<i>Exemplary</i>) | | | |

| F. During the School Day | | Elem | MS | HS |
|---|--|------|----|----|
| For each numbered item, circle the letter corresponding to the goal selected for each school level. | | | | |
| 1. | All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. (<i>Basic</i>) | | | |
| 2 | Students are: | | | |
| | a. Allowed to have individual water bottles in the classroom (<i>Advanced</i>) | | | |
| | b. Encouraged to have individual water bottles in the classroom (<i>Exemplary</i>) | | | |
| 3 | Foods and beverages for classroom rewards, parties and celebrations will meet the same guidelines as the: | | | |
| | a. Basic level for a la carte foods and beverages (<i>Basic</i>) | | | |
| | b. Advanced level for a la carte foods and beverages (<i>Advanced</i>) | | | |
| | c. Exemplary level for a la carte foods and beverages (<i>Exemplary</i>) | | | |
| 4. | Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period. (<i>Advanced</i>) | | | |
| 5 | a. 50 percent or more of fundraising activities will involve the sale of food or beverages. (<i>Basic</i>) | | | |
| | b. At least 50 percent of fundraising activities will NOT involve the sale of food or beverages. (<i>Advanced</i>) | | | |
| | c. At least 75 percent of fundraising activities will NOT involve the sale of food or beverages. (<i>Exemplary</i>) | | | |
| 6. | Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period. (<i>Advanced</i>) | | | |

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| F. During the School Day, continued | | Elem | MS | HS |
|-------------------------------------|--|------|----|----|
| 7 | Refreshments provided for students participating in school events adhere to the: | | | |
| | a. Basic guidelines for vended foods and beverages <i>(Basic)</i> | | | |
| | b. Advanced guidelines for vended foods and beverages <i>(Advanced)</i> | | | |
| | c. Exemplary guidelines for vended foods and beverages <i>(Exemplary)</i> | | | |
| 8 | Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them. <i>(Advanced)</i> | | | |

| G. After School Programs | | Elem | MS | HS |
|---|---|--------------------------|--------------------------|--------------------------|
| Check here if the After School Care Snack Program is NOT offered. If the After School Care Snack Program is offered, complete the following items. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1 | Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies. <i>(Basic)</i> | | | |
| 2 | Guidelines for after school snacks: <ul style="list-style-type: none"> Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) Sugar – Except for fruit (without added sugar) and milk, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) | | | |
| | a. Snacks meet both of the above guidelines on at least 3 days of the week. <i>(Advanced)</i> | | | |
| | b. Snacks meet both of the above guidelines on all days of the week. <i>(Exemplary)</i> | | | |