

Menaul School Wellness Policy

Purpose

Menaul School is committed to fostering a school environment that promotes student wellness, proper nutrition, and regular physical activity as part of the total learning experience. We believe that healthier students are better learners, and we strive to support our students' well-being through policies and practices that comply with the USDA's school meal and wellness standards.

1. Nutrition Guidelines for All Foods on Campus

- All meals served through the National School Lunch Program (NSLP) comply with USDA nutrition standards for calories, saturated fat, sodium, and portion size.
 - Competitive foods (snacks and beverages sold outside the school meal programs) meet the USDA Smart Snacks in School guidelines.
 - No food or beverages are used as a reward or punishment.
-

2. Nutrition Education

- Nutrition education is integrated into the health and science curriculum to help students develop lifelong healthy eating habits.
 - Students have opportunities to engage in hands-on learning through gardening, cooking demonstrations, or discussions on food origins and sustainability.
 - Families are encouraged to support healthy behaviors at home through regular communication and shared wellness resources.
-

3. Physical Activity

- Menaul School provides all students with regular opportunities for physical activity through PE classes and extracurricular programs.

- Physical education is taught by certified instructors and includes a variety of activities promoting lifelong fitness.
 - Students are not withheld from physical activity as a disciplinary measure unless necessary for safety or behavioral interventions.
-

4. Food and Beverage Marketing

- Only food and beverages that meet USDA Smart Snacks standards may be marketed or promoted during the school day.
 - Promotional materials (e.g., posters, giveaways, signage) must align with the values of healthy eating and balanced nutrition.
-

5. School Meal Environment

- Meals are served in a clean, inviting space with adequate time for students to eat (minimum 20 minutes once seated).
 - Students are encouraged to try new foods and participate in menu development through periodic surveys.
 - Our in-house chef creates a rotating four-week cycle menu that is USDA-compliant and nutritionally balanced.
-

6. Wellness Policy Leadership and Oversight

- The Wellness Committee, composed of administrators, faculty, food service staff, parents, and students, meets annually to review, update, and assess policy effectiveness.
 - The policy is reviewed every three years to ensure continued compliance with federal standards and school needs.
 - Progress and updates are made available to the school community via our [Dining & Catering page](#).
-

7. Accommodations and Equity

- Menaul School accommodates dietary needs and disabilities with appropriate meal modifications supported by medical documentation.
 - Translation services and accessible materials are available for families with Limited English Proficiency (LEP).
-

Contact

For questions or to participate in the Wellness Committee, please contact:

Emily Thordahl :ethordahl@menaulschool.org

(505) 341-7219

Menaul School Wellness Policy

In alignment with the USDA's National School Lunch Program standards

Last Updated: 04/22/2025