



St. Thomas More School

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St. Thomas More School Wellness Policy

Saint Thomas More School is committed to providing an environment that supports healthy eating and physical activity that promotes a healthy student.

- Parents, teachers, and the food service professionals, will be engaged in monitoring and reviewing our wellness policy.
- Students in Grades K - 8 will have opportunities to be physically active on a regular basis through physical education classes and organized sports.
- Lunch programs shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Students will be provided a clean, safe and pleasant dining area.
- School will provide nutritional, educational and physical education to foster lifelong habits of healthy eating and physical activity.
- Monthly menus will include information on maintaining a healthy lifestyle.

Updated 7/2016