

Nutrition Services

Meridian ISD provides a school nutrition plan that adheres to the U. S. Dietary Guidelines for Americans and the Texas Nutrition Policy. School Nutrition services offer students a variety of nutritious and appealing meals that accommodate the health and dietary needs of all students. The Texas Department of Agriculture (TDA), Food and Nutrition Division, has authority over the child nutrition program for Texas public schools as a supplement to federal policies.

Nutrition Education Goals

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health such as the Health and Wellness curriculum;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, and taste testing;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff

[Texas Public School Nutrition Policy Brochure](#)

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