



MVCSD LOCAL WELLNESS & NUTRITION COMMITTEE

**INTRODUCTORY MEETING:
FROM ROOTS TO RADIANCE FOR EVERY GEM**

02/12/2026
DONNA M. JACKSON,
FOOD SERVICE MANAGER



Tonight's Agenda

- Wellness And School Nutrition Committee Overview
- Food Service Programs
- Triennial WellSAT Assessment
- Community-Connectedness Through Gardening and Education



Wellness And School Nutrition Committee Overview



THINK OF FOOD SERVICES IN PUBLIC SCHOOLS AS THE LARGEST RESTAURANT CHAIN IN AMERICA. SCHOOL CAFETERIAS ACROSS OUR NATION SERVE OVER SEVEN BILLION MEALS A YEAR.

WE ARE THE ONLY SCHOOL-BASED DEPARTMENT THAT HAS A NUTRITION TOUCHPOINT WITH OUR SCHOLARS TWICE A DAY (BREAKFAST AND LUNCH) AND SOMETIMES MORE THROUGH AFTERSCHOOL SNACK AND SUMMER FEEDING.

BUT OUR MISSION IS MORE THAN JUST MEALS...

**LET US EMBRACE THE OPPORTUNITIES BEFORE US:
TO INSPIRE FAMILIES AND FUTURE GENERATIONS TOWARDS LIFELONG HEALTH AND WELLNESS THROUGH EDUCATION, COLLABORATION, PHYSICAL ACTIVITY, AND FRESH WHOLESOME FOODS.**

DONNA M. JACKSON





WHY DO SCHOOL MEALS MATTER?

- Children who participate in the School Breakfast and Lunch Programs have greater access to good nutritional intakes and reduced food insecurity
- Good dietary intake improves a child's behavior, school performance, and their physical and cognitive development
- Properly nourished children more actively participate in the education experience
- A healthy eating environment teaches children good nutrition and the elements of a proper diet, which can have positive effects on children's eating habits and physical well-being throughout life
- **ALL STUDENTS EAT FOR FREE!**



Local Wellness Policy and Assessments





Policy 5660 – School Food Service Program (Verbatim Excerpts)

- “The Board has entered into an agreement... to participate in the National School Lunch Program, School Breakfast Program...”
- “The Board of Education recognizes that good nutrition is essential to student learning, growth, and overall health.”
- “Procedures... will be the same as those prescribed in current state and federal laws and regulations.”
- “The sale of sweetened foods will be prohibited from the beginning of the school day until the end of the last scheduled meal period.”
- “The District will make reasonable accommodations... whose disabilities restrict their diets... at no extra charge.”



Policy 5661 – District Wellness Policy (Verbatim Excerpts)

- “The Mount Vernon City School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.”
- “The Wellness Committee shall meet a minimum of two times annually.”
- **“All foods made available on all school campuses will meet nutritional requirements set by the USDA... for the NSBP and NSLP.”**
- “Staff members shall not deny participation in District meal programs, recess, Physical Education classes... as a form of discipline or punishment.”
- “The District is committed to creating a school environment that promotes and protects children’s health, well-being, and ability to learn.”
- Policy 5661 supports nutrition education, physical activity, and community involvement as essential components of wellness.

Community Health Needs Assessment - Implementation Strategy Report and Community Service Plan

2025-2027

Montefiore Mount Vernon

Office of Community & Population Health

12/2025



Needs Attention	Maintain Efforts	Relatively Lower Priority
Violence (including gun violence)	Access to healthy/nutritious foods	Arthritis/disease of the joints
Stopping falls among elderly	Cancer	Assistance with basic needs like food, shelter, and clothing
Mental health disorders (such as depression)	Dental care	Access to continuing education and job training programs
Obesity in children and adults	Heart disease	Substance use disorder/addiction (including alcohol use disorder)
Affordable housing and homelessness prevention		Job placement and employment support
		Cigarette smoking/tobacco use/vaping/e-cigarettes/hookah
		Sexually Transmitted Infections (STIs)
		School health and wellness programs
		Infant health
		Asthma, breathing issues, and lung disease
		HIV/AIDS (Acquired Immune Deficiency Syndrome)

Table 1. List of priority health conditions identified by Westchester County residents through the 2025 Community Health Needs Survey.

WHO IS RESPONSIBLE FOR DEVELOPING THE LOCAL SCHOOL WELLNESS POLICY?

SFAs are responsible for developing a local school wellness policy (7CFR 210.31(a)).

- A best practice would include having each school, within the SFA, customize the policy at the local level.
- If the SFA feeds a site that they do not have educational administrative responsibility for (i.e., a non-public school, a BOCES building, another school district), that site is held accountable for creating their own local school wellness policy and assessments and not the LEA that they are fed under *although* the SFA will be cited during an Administrative Review if that site fails to have a local school wellness policy.

SFAs are required to allow parents, students, school food authority representatives, teachers of physical education, school health professionals, the school board, school administrators, and members of the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy (7CFR 210.31(c)(5)).

WHAT IS REQUIRED TO BE INCLUDED IN THE LOCAL SCHOOL WELLNESS POLICY?

SFAs have flexibility to develop specific content BUT the policies must include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness (7CFR 210.31(c)(1));
- Standards and nutrition guidelines for all foods and beverages available on the school campus during the school day that are, at a minimum, consistent with Federal regulations for program meals and the Smart Snacks in School nutrition standards, and designed to promote student health and reduce childhood obesity (7 CFR 210.31(c)(2) and (3));
- Policies that allow marketing or advertising of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in the school nutrition standards (7CFR 210.319(c)(3)(iii)).

WHAT IS REQUIRED TO BE INCLUDED IN THE LOCAL SCHOOL WELLNESS POLICY? (continued)

- SFAs are also required to:
 - Review and consider evidence-based strategies in determining local school wellness goals (7CFR 210.31(c)(1));
 - Involve, inform, and update the public (including parents, students and other stakeholders) about the content and implementation of the local school wellness policy (7CFR 210.31(d)(2) and (3));
 - Conduct an assessment, at least once every 3 years, to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies (7CFR 210.31(e)(2));
 - Update or modify the local school wellness policy as appropriate (7CFR 210.31(e)(3)).

ALL FOOD AND BEVERAGES AVAILABLE TO STUDENTS AT NO CHARGE

- Local school wellness policies are ***required*** to address food and beverages that are both sold AND made available at no costs to students.
 - SFAs MUST develop standards and nutrition guidelines for all foods and beverages available, but not sold to students on the school campus during the school day (i.e., classroom parties or rewards). These standards are not required to be consistent with Smart Snacks standards as stated in (7CFR 210.31(c)(3)(iii)), local jurisdictions have the discretion to adopt standards consistent with Federal school meals and Smart Snacks or adopt more or less stringent standards.
 - For food and beverages sold to students, the local school wellness policy MUST include standards and nutrition guidelines that are consistent with the school meal requirements and Smart Snacks nutrition standards.



Food Service Programs





Also new this year for districts who participate in the food services program is SNAP Outreach. It is required and must be done in collaboration with Pupil Personnel Services, Food Services, and the District Communications team.

SNAP participation helps to streamline access to other benefits – like the District’s CEP recertification, and benefits like reduced fees for student AP exams and college entry exams.



SNAP helps families buy food.



SNAP provides monthly benefits to buy food at grocery stores and farmers markets. SNAP helps families stretch their food budget so kids get the nutrition they need to learn and grow.

With SNAP:

- Your family can buy more food at the grocery store
- Your school gets more funding that benefits students

Visit **SNAPHelpNY.org** to see if you may be eligible!

Answer just a few questions. In less than five minutes, you can see if you may be eligible and learn how to apply for SNAP. We can even help you complete and submit your application. It is free and confidential.

You can apply for SNAP online at myBenefits.ny.gov.



Scan to see if you may be eligible for SNAP!



HungerSolutionsNY.org

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This institution is an equal opportunity provider.

Information Access:

www.mtvernoncsd.org

Under Departments,
click “Food Services”

For Menus, click
“Nutrislice Menu Portal”

For Printable Menus, see
the PDFs at the bottom
of the page

Athletics
Buildings & Grounds
Business/Finance
Communications
Counseling
Curriculum & Instruction
English Language Learners
Food Services
Health and Wellness
Human Resources
Operations and Accountability
School Improvement
Speech Language Hearing
Special Education
Student Personnel Services
Technology
Transportation

FOOD SERVICES

All students enrolled in Mount Vernon City schools are eligible to receive a healthy breakfast and lunch at school at no charge to them or their families. This service is funded through the Community Eligibility Provision (CEP), part of the federal Healthy, Hunger-Free Kids Act of 2010. There are no applications associated with the program, which eliminates the hassle of paperwork submissions for both parents and school administration. In addition to access to free and nutritious meals, students can spend less time in cashier lines and more time fueling their bodies for academic success.

[NUTRISLICE MENU PORTAL](#)

[FOOD SERVICES INFORMATION LETTER](#)

[STUDENT FEEDBACK SURVEY](#)

SCHOOL MENUS

[Elementary Menus](#)

[High School Menus](#)

Click the images below to view the menus in a new tab.

Elementary Breakfast Menu



Elementary Breakfast Menu: Feb to Feb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Breakfast Burrito with eggs, cheese, and salsa	1. Breakfast Burrito with eggs, cheese, and salsa	1. Breakfast Burrito with eggs, cheese, and salsa	1. Breakfast Burrito with eggs, cheese, and salsa	1. Breakfast Burrito with eggs, cheese, and salsa
2. Pancakes with syrup	2. Pancakes with syrup	2. Pancakes with syrup	2. Pancakes with syrup	2. Pancakes with syrup
3. French Toast with syrup	3. French Toast with syrup	3. French Toast with syrup	3. French Toast with syrup	3. French Toast with syrup
4. Apple Pancakes with syrup	4. Apple Pancakes with syrup	4. Apple Pancakes with syrup	4. Apple Pancakes with syrup	4. Apple Pancakes with syrup
5. Breakfast Sandwich with eggs, cheese, and sausage	5. Breakfast Sandwich with eggs, cheese, and sausage	5. Breakfast Sandwich with eggs, cheese, and sausage	5. Breakfast Sandwich with eggs, cheese, and sausage	5. Breakfast Sandwich with eggs, cheese, and sausage
6. Breakfast Sandwich with eggs, cheese, and sausage	6. Breakfast Sandwich with eggs, cheese, and sausage	6. Breakfast Sandwich with eggs, cheese, and sausage	6. Breakfast Sandwich with eggs, cheese, and sausage	6. Breakfast Sandwich with eggs, cheese, and sausage
7. Breakfast Sandwich with eggs, cheese, and sausage	7. Breakfast Sandwich with eggs, cheese, and sausage	7. Breakfast Sandwich with eggs, cheese, and sausage	7. Breakfast Sandwich with eggs, cheese, and sausage	7. Breakfast Sandwich with eggs, cheese, and sausage
8. Breakfast Sandwich with eggs, cheese, and sausage	8. Breakfast Sandwich with eggs, cheese, and sausage	8. Breakfast Sandwich with eggs, cheese, and sausage	8. Breakfast Sandwich with eggs, cheese, and sausage	8. Breakfast Sandwich with eggs, cheese, and sausage
9. Breakfast Sandwich with eggs, cheese, and sausage	9. Breakfast Sandwich with eggs, cheese, and sausage	9. Breakfast Sandwich with eggs, cheese, and sausage	9. Breakfast Sandwich with eggs, cheese, and sausage	9. Breakfast Sandwich with eggs, cheese, and sausage
10. Breakfast Sandwich with eggs, cheese, and sausage	10. Breakfast Sandwich with eggs, cheese, and sausage	10. Breakfast Sandwich with eggs, cheese, and sausage	10. Breakfast Sandwich with eggs, cheese, and sausage	10. Breakfast Sandwich with eggs, cheese, and sausage

Elementary Lunch Menu



Elementary Lunch Menu: Feb to Feb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Chicken Sandwich with cheese and tomato	1. Chicken Sandwich with cheese and tomato	1. Chicken Sandwich with cheese and tomato	1. Chicken Sandwich with cheese and tomato	1. Chicken Sandwich with cheese and tomato
2. Chicken Sandwich with cheese and tomato	2. Chicken Sandwich with cheese and tomato	2. Chicken Sandwich with cheese and tomato	2. Chicken Sandwich with cheese and tomato	2. Chicken Sandwich with cheese and tomato
3. Chicken Sandwich with cheese and tomato	3. Chicken Sandwich with cheese and tomato	3. Chicken Sandwich with cheese and tomato	3. Chicken Sandwich with cheese and tomato	3. Chicken Sandwich with cheese and tomato
4. Chicken Sandwich with cheese and tomato	4. Chicken Sandwich with cheese and tomato	4. Chicken Sandwich with cheese and tomato	4. Chicken Sandwich with cheese and tomato	4. Chicken Sandwich with cheese and tomato
5. Chicken Sandwich with cheese and tomato	5. Chicken Sandwich with cheese and tomato	5. Chicken Sandwich with cheese and tomato	5. Chicken Sandwich with cheese and tomato	5. Chicken Sandwich with cheese and tomato
6. Chicken Sandwich with cheese and tomato	6. Chicken Sandwich with cheese and tomato	6. Chicken Sandwich with cheese and tomato	6. Chicken Sandwich with cheese and tomato	6. Chicken Sandwich with cheese and tomato
7. Chicken Sandwich with cheese and tomato	7. Chicken Sandwich with cheese and tomato	7. Chicken Sandwich with cheese and tomato	7. Chicken Sandwich with cheese and tomato	7. Chicken Sandwich with cheese and tomato
8. Chicken Sandwich with cheese and tomato	8. Chicken Sandwich with cheese and tomato	8. Chicken Sandwich with cheese and tomato	8. Chicken Sandwich with cheese and tomato	8. Chicken Sandwich with cheese and tomato
9. Chicken Sandwich with cheese and tomato	9. Chicken Sandwich with cheese and tomato	9. Chicken Sandwich with cheese and tomato	9. Chicken Sandwich with cheese and tomato	9. Chicken Sandwich with cheese and tomato
10. Chicken Sandwich with cheese and tomato	10. Chicken Sandwich with cheese and tomato	10. Chicken Sandwich with cheese and tomato	10. Chicken Sandwich with cheese and tomato	10. Chicken Sandwich with cheese and tomato

FREE BREAKFAST AND LUNCH

CONTACT INFO

TBA

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Triennial WellSAT Assessment





Program Promotion and Education (Foods and Beverages available during the school day, and how they are marketed, provided and sold to students; Plans for increasing locally grown foods)

Protocols (USDA Federal, State, and District Child Nutrition Guidelines)

Partnerships (Local Wellness Policy & Committee, Nutrition Policy & Committee, Family Engagement, Community Involvement)

Physical Fitness / Wellness Education (for Students and Staff)

Data Collection and Evaluation (Triennial Assessment & Policy Updates)





Community- Connectedness Through Gardening and Education





THANK YOU!



Resource Links and Data Referenced:

- School Food Service Program (Lunch and Breakfast)/ School District Nutrition Advisory Committee: [Policy 5660](#)
- District Wellness Policy: [Policy 5661](#)
- Community Health Needs Assessment - Implementation Strategy Report and Community Service Plan 2025-2027 Montefiore Mount Vernon: [2025-2027 CHNA_MMV_Final_12-30-25.pdf](#)
- Universal School Meals and Associations with Student Participation, Attendance, Academic Performance, Diet Quality, Food Security, and Body Mass Index: A Systematic Review: [Universal School Meals Review](#)
- Local School Wellness Policy Toolkit [Local-School-Wellness-Policy-Toolkit.pdf](#)
- Triennial WellSAT Assessment: [WellSAT Triennial Assessment](#)
- NY State Wellness Policy Assessment Tool: [nyslswpassessmenttool.pdf](#)
- Ready to join the Wellness & Nutrition Committee? Please email: RJAMES@mtvernoncsd.org
- Have a question about School Food Services? Please email DJACKSON@mtvernoncsd.org
- SNAP HELPS FAMILIES BUY FOOD: [SNAP-and-Schools-flyer-for-families-7_30_25.pdf](#)
- Hunger Solutions NY has information to help families apply for SNAP Benefits: [Help with SNAP - Hunger Solutions New York](#)



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QUESTIONS?