Christ Lincoln Schools is committed to providing a learning environment that supports and promotes student wellness, proper nutrition, physical activity, and healthy lifestyle choices. The school recognizes the positive relationship between nutrition, physical activity, and students' ability to learn, grow, and succeed academically.

The entire school environment shall support healthy school goals and encourage students to develop lifelong wellness habits.

To support student health and nutrition, Christ Lincoln Schools participates in the National School Lunch Program and offers balanced hot and cold meal options daily.Meals served through the food service program shall comply with the NSLP standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served. Milk is offered with every meal, free drinking water is available to all students during meal service, and students have access to a salad bar featuring fresh vegetable options each school day. The salad bar includes both familiar student favorites and rotating produce selections that encourage students to explore a variety of healthy foods, flavors, and textures while developing lifelong healthy eating habits. School meals shall be made attractive to students by appealing to their taste preferences. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage healthy choices. After obtaining food, students will have at minimum 20 minutes to eat lunch. All food service personnel will have adequate training in food service operations. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

Christ Lincoln Schools also participates in the Federal Free and Reduced-Price Meal Program to help ensure all students have access to nutritious meals regardless of household income. Steps must be taken to ensure students qualifying for free or reduced priced meals are not overtly identified in any way. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.

Nutrition education may be integrated into classroom instruction and school activities to encourage healthy eating habits and informed food choices. Any foods or beverages served at holiday parties or other school celebrations meet all federal nutrition standards. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behaviors. It is recommended that staff use a physical activity, such as extra recess, when feasible - and never used as a punishment.

Students are provided opportunities for physical activity through recess, physical education classes, and other age-appropriate activities throughout the school day. The physical education curriculum for grades K-5 will be aligned with state standards. All elementary students shall complete 150 minutes of physical education instruction per week taught by a licensed teacher who is provided with opportunities for professional development.

Parents, students, school staff, and community members may participate in the development, implementation, and review of the Local Wellness Policy.

The Food Service Director and school administration are responsible for oversight and implementation of the wellness policy.

Christ Lincoln Schools will review and assess the Local Wellness Policy at least once every three years in accordance with USDA requirements. A review of the wellness policy and any updates or modifications will be shared with families and the school community annually. The policy and assessment results will be available to the public upon request and posted on the school website when available.

For information regarding eligibility and applications for Free and Reduced-Price Meals, please visit the school office or see the application link below.