

Nutritional Education Links

[MealViewer](#)

Access all Alvin ISD menus and nutritional information for all items offered with the MealViewer app or web site

[New Nutrition Standards for School Meals](#)

Schools participating in the National School Lunch and School Breakfast programs follow new nutrition standards. These federally assisted meal programs serve nutritious, low-cost or free meals to millions of Texas students in public and non-profit private schools. Schools that meet these new meal requirements are provided federal funding to help provide nutritious meals to students in need.

[Tools For Schools: Focusing on Smart Snacks](#)

Starting in School Year 2014-15, all foods sold at school during the school day are required to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students.

A number of tools and resources are available to help schools identify food items that meet Smart Snacks criteria. See the resources below for information about the Smart Snacks requirement, helpful tools, and ways to encourage children to make healthier snack choices that give them the nutrition they need to grow and learn.

[Children's BMI or Body Mass Index Calculator](#)

Use this calculator to determine whether a child is at a healthy weight for his/her height, age, and gender. The BMI-percentile-for-age calculator automatically adjusts for differences in height, age, and gender, making it one of the best tools for evaluating a growing child's weight.

[Nutrition Facts & Calorie Counter](#)

Nutrition Data (ND) provides a complete nutrient analysis for any food or recipe, and helps you select foods that best match your dietary needs.

[USDA TEAM Nutrition](#)

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

[Center for Nutrition Policy and Promotion](#)

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers.

[Texas Department of Agriculture](#)

The Texas Department of Agriculture (TDA) Food and Nutrition Division (F&N) administers eleven federal Child and Special Nutrition programs for the State of Texas. In doing so, TDA engages resources to address the nutrition challenges facing Texans under the banner of the *Three E's of Healthy Living- Education, Exercise, and Eating Right*. Our nutrition programs exemplify "eating right" for Texans of every age and background.

[Non Discrimination Statement](#)