



# Wellness Report Card Nutrition & Physical Activity

Grant County Schools

Grant County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2018-2019 the district met all required regulations in regards to nutrition standards and physical required physical activity minutes. Grant County Schools works hard to provide more than required and strive to be the very best.



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Food Service continues to utilize the online payment and account information system called “myschoolsbucks” to allow online payments as well as free account information services. These are accessible via cellphone apps as well as website. This application allows parents, students and staff to maintain a positive fund balance in their accounts.



**Grant County Schools continue to use a wonderful menu and nutrition information tool called. "School Nutrition and Fitness". This program is an online tool for staff, parents and students to obtain instant nutrition information for every menu item via phone app or website. Additional nutrition information and wellness tips are also available to enhance the knowledge of our customers.**



Grant County Eler | December 2017 | Nutrition Report Card | Carb Count | Print | Select Language | 018 | Ice Cold Skim Flavored Milk

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |          |         |               |       |        |          |               |     |  |  |
|--|---|--|---|--|----------|---------|---------------|-------|--------|----------|---------------|-----|--|--|
| 1<br><br><b>Happy New Year</b><br>No School                             | 2<br><br><b>Happy New Year</b><br>No School  | 3<br><br><b>Happy New Year</b><br>No School                                 | 4<br>Chicken Nuggets W/Breadstick<br>Pretzels with Cheese<br>Uncrustables Large<br>Macaroni & Cheese<br>Baked Beans<br>Cole Slaw<br>Pear<br>Blueberries                                   | 5<br><b>BAG LUNCH DAY</b><br>Prime Time Chicken Patty on Bun<br>CornDog<br>Yogurt Pack<br>Baby Carrots & Ranch<br>Broccoli Trees & Ranch<br>Raisins<br>Raisels<br>Banana |          |         |               |       |        |          |               |     |  |  |
| 8<br>Spaghetti & Meatballs W/Breadstick<br>Chicken Patty on Bun<br>Uncrustables Large<br>Tossed Salad W/Ranch<br>Corn on the Cob<br>Apple<br>Strawberries  | 9<br>Dominos at SES & CMZ ONLY<br>Grilled Cheese Sandwich<br>Yogurt Parfait Berry<br>Hamburger/Cheeseburger<br>At MCE & DRE ONLY<br>Tomato Soup<br>Lima Beans<br>Applesauce Cup<br>Orange Wedges  | 10<br>Chicken & Waffle W/Syrup<br>Meatball Hoagy<br>Chef Salad<br>Broccoli & Cheese<br>Glazed Carrots<br>Fruit Cocktail<br>Grapes<br>100% Fruit Juice Assorted | 11<br>Dominos at MCE & DRE ONLY<br>Pork Riblet Sandwich<br>Deli Bag W/Doritos<br>Hamburger/Cheeseburger<br>At SES & CMZ ONLY<br>Sunshine Vegetables<br>Green Beans<br>Pear<br>Blueberries | 12<br>Pepperoni Calzone<br>Fish Sandwich W/Tarter Sauce<br>Yogurt Pack<br>French Fries<br>Peas<br>Cole Slaw<br>Craisins<br>Banana  |          |         |               |       |        |          |               |     |  |  |
| 15<br><b>No School</b><br>  | 16<br>Brunch for Lunch<br>Hamburger on Bun  | 17<br>Fried Chicken W/Roll<br>Pork BBQ Sandwich  | 18<br>Chicken Ranch Wrap<br>Hotdog on a Bun<br>Deli Bag W/Doritos<br>Buttered Corn<br>Baby Carrots & Ranch<br>Kale<br>Pear<br>Blueberries<br>Sorbet Cup                                   | 19<br>Pizza, Big Daddy's Cheese<br>Pizza, Big Daddy's Pepperoni<br>CornDog<br>Yogurt Pack<br>Smiley Potatoes<br>Sunshine Vegetables<br>Raisels<br>Banana                 |          |         |               |       |        |          |               |     |  |  |
| 22<br>Chicken Alfredo W/Breadstick<br>Pork Riblet Sandwich<br>Uncrustables Large<br>Sunshine Vegetables<br>Broccoli Trees & Ranch<br>Apple<br>Strawberries | <div data-bbox="292 1543 730 1953"> <p><b>Chicken Alfredo W/Breadstick</b></p>  <table border="1"> <tr><td>Portion Size</td><td>.625 cup and breadstick</td></tr> <tr><td>Calories</td><td>317kcal</td></tr> <tr><td>Saturated Fat</td><td>2.82g</td></tr> <tr><td>Sodium</td><td>324.99mg</td></tr> <tr><td>Carbohydrates</td><td>37g</td></tr> </table> <p>★★★★★<br/>How do you rate this item?</p> </div> |  | Portion Size  | .625 cup and breadstick  | Calories | 317kcal | Saturated Fat | 2.82g | Sodium | 324.99mg | Carbohydrates | 37g | 25<br>Cheesy Chicken Nachos<br>Hotdog on a Bun<br>Deli Bag W/Doritos<br>Refried Beans<br>Buttered Corn<br>Pear<br>Blueberries<br>Cookie, Choc Chip | 26<br>Pizza, Tony's 4X6 Cheese<br>Pizza, Tony's 4X6 Pepperoni<br>Fish Nuggets W/Tarter Sauce<br>Potato Soup<br>Yogurt Pack<br>Sweet Potato Puffs<br>Craisins<br>Banana |
| Portion Size   | .625 cup and breadstick   |  |   |  |          |         |               |       |        |          |               |     |  |  |
| Calories   | 317kcal   |  |   |  |          |         |               |       |        |          |               |     |  |  |
| Saturated Fat  | 2.82g   |  |   |  |          |         |               |       |        |          |               |     |  |  |
| Sodium   | 324.99mg  |  |   |  |          |         |               |       |        |          |               |     |  |  |
| Carbohydrates  | 37g   |  |   |  |          |         |               |       |        |          |               |     |  |  |
| 29<br>Cheese Coney   | 30<br>Turkey & Dressing W/Roll  | 31<br>Soft Tacos (2)   | <p><small>The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of</small></p>                  |  |          |         |               |       |        |          |               |     |  |  |

**Available Daily**

- Flavored Water

**Condiments**

- Ketchup
- Mustard
- Mayo
- Pickle Slices
- Salsa Cup
- Sour Cream
- Taco Sauce
- BBQ Sauce
- Tartar Sauce
- Syrup
- Promise

Grant County Schools Food Service operations are administered through the United States Department of Agriculture, the Kentucky Department of Education and the Grant County Board of Education. Comprehensive regulations are followed and we receive federal funding for the program.



School meals offer daily:

- A wide variety of fruits that are fresh, frozen, and canned
- variety vegetables including dark green, red/ orange & legumes that are fresh, frozen, and canned
- whole-grain rich products
- low fat/low sodium meat/meat alternates
- fat-free/1% milk including flavored milk
- age-appropriate calorie limits/portion sizes
- sodium restrictions, zero trans fats



All Schools may sell:

Plain water (without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice and

100% fruit or vegetable juice diluted with water (with or without carbonation) & no added sweeteners.

**Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**

Calorie Limits

Snack Items: < 200 calories

Entrée Items < 350 calories

Sodium Limits

Snack items < 230 mg

Entrée items < 480 mg

Fat Limits

Total Fat: < 35% of calories

Saturated Fat: < 10% of calories

Trans Fat: zero grams

Sugar Limits

< 35% of weight from total sugar in foods

# 2017-2018 Meals Served



**322,335 Breakfast**

**503,090 Lunch**

**17,999 After School Supper**

**9,362 Summer Feeding**





MILK – we offer fat free and low-fat unflavored or flavored milk. All age-grade groups are offered at least 1 cup of milk daily. A variety of milk, at least two options, must be offered.

FRUITS - We offer a minimum of 1 cup daily. Vegetables can be substituted for fruit. Total fruit/vegetables are limited to 50% juice.



GRAINS - A minimum of at least 1 oz. equivalent of actual grains is offered to all grade groups daily.

The weekly minimums are also met as follows:

- K-5: 7 oz. equivalent (minimum weekly)
- 6-8: 8 oz. equivalent (minimum weekly)
- 9-12: 9 oz. equivalent (minimum weekly)



New for the 2017-2018 School Year at the Grant County Middle School is our Breakfast Cart. Students can get grab and go breakfast in the hallway. Also new this year for breakfast are Fruit Smoothies.

# SCHOOL LUNCH

## WHAT'S COOKING?

At lunch, we offer all 5 components and 2 may be declined. If not, then items are charged as Ala Carte. Students should select at least a ½ cup fruit or vegetable for reimbursable meal. Full component portions are offered at each meal.

**MILK** We offer only fat free (unflavored or flavored) or low-fat (unflavored) milk. All age-grade groups are offered at least 1 cup of milk daily. A variety of milk including at least two options are offered

**FRUITS** K-5: ½ cup per day  
 6-8: ½ cup per day  
 9-12: 1 cup per day

Offer vs serve requires students to take ½ cup fruit or vegetable We may offer: Fresh, frozen, canned in light syrup, water, or fruit juice, or dried

**MEAT/MEAT ALTERNATES** A minimum of at least 1 oz. equivalent of actual grains are offered to all grade groups daily. The weekly minimums must also be met as follows: • K-5: 1 oz. equivalent daily min; 8 oz. equivalent weekly min • 6-8: 1 oz. equivalent daily min; 9 oz. equivalent weekly min • 9-12: 2 oz. equivalent daily min; 10 oz. equivalent weekly min

**GRAINS** K-5: 1 oz. equivalent daily min; 8 oz. equivalent weekly min  
 6-8: 1 oz. equivalent daily min; 8 oz. equivalent weekly min  
 9-12: 2 oz. equivalent daily min; 10 oz. equivalent weekly min.

Grains served are Whole-Grain Rich Whole Grain-Rich Criteria: 100% whole grain or contain a blend of whole -grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain. NOTE: Must contain at least 50% whole-grains and the remaining grain, if any must be enriched.

**VEGETABLES** A wide variety of vegetables are offered over week at lunch. The following are example sub-groups for vegetables for weekly requirement:

- Dark Green – broccoli, collard, mustard, kale greens, spinach
- Red/Orange – carrots, sweet potatoes, butternut squash, tomatoes, red peppers, pumpkin
- Bean/Pea (Legumes) – kidney beans, lentils, chickpeas, pintos, navy or northern beans, black beans, re-fried beans, vegetarian or baked beans
- Starchy – corn, green peas, white potatoes, lima beans
- Other – onions, green beans, cucumbers, lettuce, celery, beets, cabbage
- Additional vegetables to meet weekly minimums





**New Menu Items**

**Super Hero Lunch Lady Day 5-5-18**



**New Signage**



**Santa Program**



**Halloween 2017**



# Produce Man at SES



# Physical Education Class



# CMZ Walking Path Ceremony



# Share Tables at all Schools





Grant County Schools Food Service partners with the Grant County Public Library to provide meals and books to the kids of Grant County during the summer.



This report as well as the responses from the schools will be presented at the December Board meeting.

Any questions or concerns can be directed to  
**Kathy Craven, Director of Food Service**  
 Kathy.craven@grant.kyschools.us

**Grant County Schools Food Service**  
 1505 North Main Street  
 Williamstown, KY 41097

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 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



# SCHOOL

# WELLNESS SURVEY

# WELLNESS POLICY

Dry Ridge  
Elementary

DRE Wellness  
Survey

DRE Wellness  
Policy

Crittenden-  
Mt. Zion  
Elementary

CMZ Wellness  
Survey

CMZ Wellness  
Policy

Sherman  
Elementary

SES Wellness  
Survey

SES Wellness  
Policy

Mason-Corinth  
Elementary

MCE Wellness  
Survey

MCE Wellness  
Policy

Grant County  
Middle School

GCMS Wellness  
Survey

GCMS Wellness  
Policy

Grant County  
High School

GCHS Wellness  
Survey

GCHS Wellness  
Policy