

Wellness Report

Card Nutrition &

Physical Activity

Grant County Schools

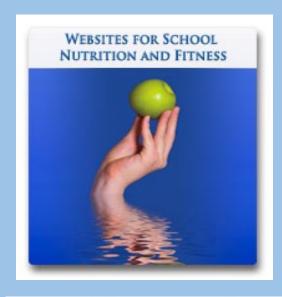
Grant County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2018-2019 the district met all required regulations in regards to nutrition standards and physical required physical activity minutes. Grant County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



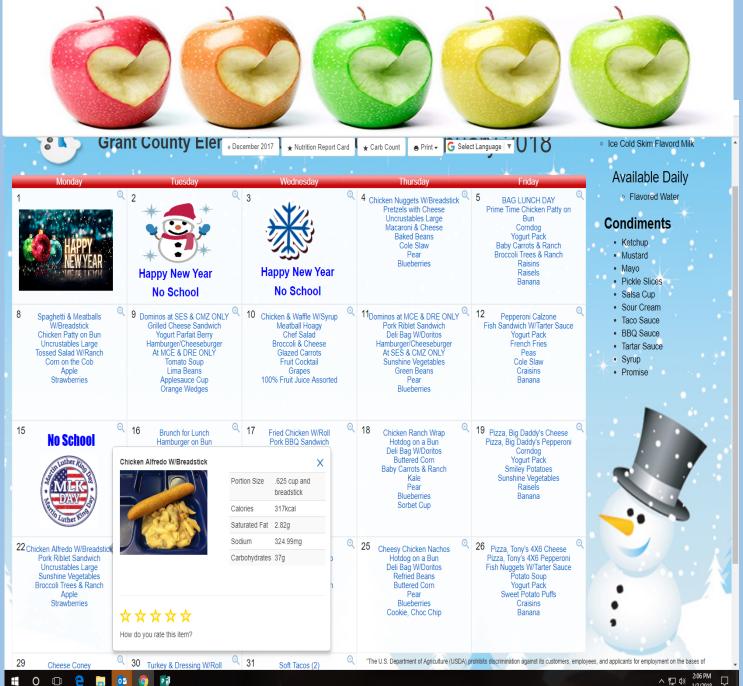




Food Service continues to utilize the online payment and account information system called "myschoolsbucks" to allow online payments as well as free account information services. These are accessible via cellphone apps as well as website. This application allows parents, students and staff to maintain 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 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

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

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.

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.



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

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

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.





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.

<u>VEGETABLES</u> A wide variety of vegetables are offered over week at lunch. The following are example subgroups 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, refried 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













Produce Man at SES





Physical



Education Class





CMZ Walking Path Ceremony



Share Tables at all Schools







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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(1) mail: U.S. Department of Agriculture 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.

SCHOOL

WELLNESS SURVEY WELLNESS POLICY

Dry Ridge Elementary DRE Wellness

Survey

DRE Wellness

<u>Policy</u>

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