



Wellness Report Card Nutrition & Physical Activity

Grant County Schools

Spring 2018

Grant County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2016-2017 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.



mySchoolBucks®
**SCHOOL MEAL
PAYMENTS
MADE EASY!**
www.myschoolbucks.com

Pay For Your Student's Meals Online!

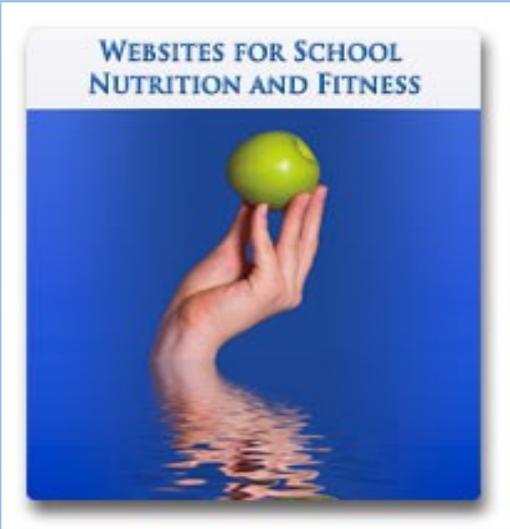
YOU CAN:

- Set Up Recurring Payments
- Track & Review Meal History
- Create Low Balance Alerts
- And More...

SIGN UP NOW

Register for your FREE mySchoolBucks account!

Food Service continues to utilize the online payment and account information system called “myschoolbucks” 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

Available Daily

- Flavored Water

Condiments

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

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

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

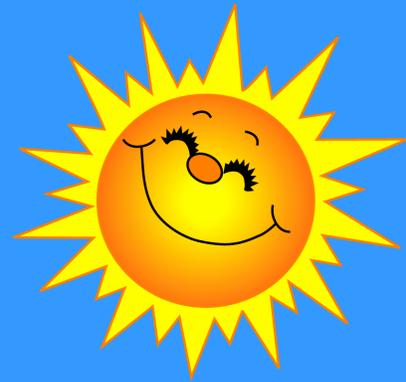
Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice and

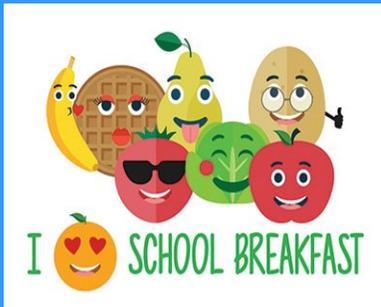
100% fruit or vegetable juice diluted with water (with or without carbonation) & no added sweeteners.

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.





MILK – we offer only fat free (unflavored or flavored) or lowfat (unflavored) 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.

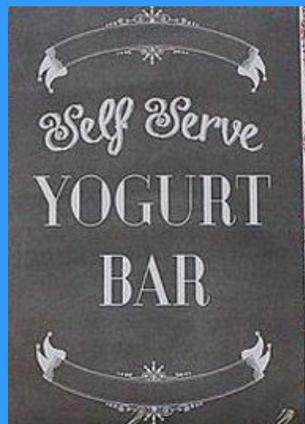
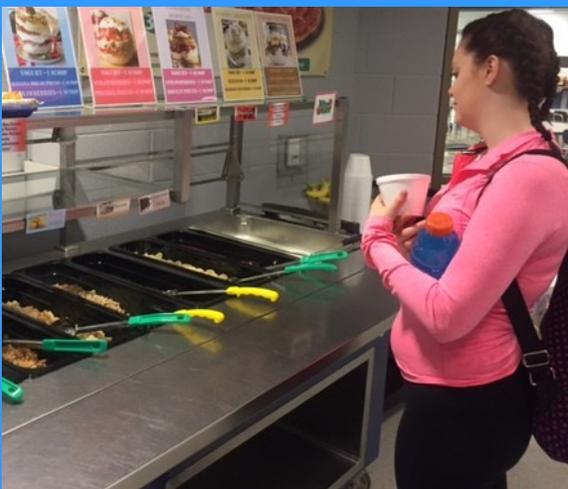


FRUITS - We offer a minimum of 1 cup daily. Vegetables can be substituted for fruit. Total fruit/vegetables are limited to 50% juice.

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 2016-2017 School Year at the Grant County High School and Middle School is our Yogurt Bar. Students must first choose the recipe to follow then build their parfait.

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



World Milk Day at SES
September 23, 2016





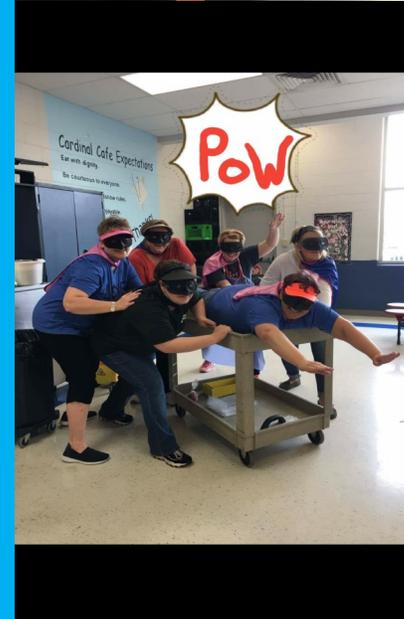
**Reds
Opening
Day 2017**



**Santa
Program**



**Dr. Seuss
Birthday
3-2-17**



POW

**I'm a
LUNCH LADY
what's your
superpower?**



**Super Hero
Lunch
Lady Day
5-5-17**





New playground at Mason Corinth Elementary

New Walking Path—SES



GCMS-Walking Path



DRE-Pre-K Walking Path



CMZ Path Friends





Angie Gabbard from the Grant County Library was awarded the SFSP Champion award for 2017.



Grant County Schools Food Service partner's with the Grant County Public Library to provide meals and books to the community during the summer.



This report as well as the responses from the schools will be presented at the February 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

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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

DRE

Wellness Survey

Wellness Policy

Crittenden-
Mt. Zion
Elementary

CMZ

CMZ

Wellness Survey

Wellness Policy

Sherman
Elementary

SES

District

Wellness Survey

Wellness Policy

Mason-Corinth
Elementary

MCE

MCE

Wellness Survey

Wellness Policy

Grant County
Middle School

GCMS

GCMS

Wellness Survey

Wellness Policy

Grant County
High School

GCHS

District

Wellness Survey

Wellness Policy