



2019 Nutrition & Wellness Report

Grayson County School Food Service

Serving More than Breakfast and Lunch

The National School Breakfast and Lunch Program

Grayson County School Food Service is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE), and Grayson County Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

Daily Selections for School Meals:

- Whole-grain rich breads, pastas and breading on entrees
- Low-fat/low-sodium entrees
- Vegetable varieties: dark green, red/orange & legumes
- Variety of local fresh and canned fruits
- Fat-free and 1% milk options
- Zero trans-fats
- Age-appropriate calorie ranges with portion controlled serving size
- Water is available for breakfast and lunch



- ✓ It is important for students to get a healthy, balanced diet for proper growth and development, but also to focus better in school.
- ✓ Eating breakfast and lunch at school is a great way for students to get two-thirds of his or her recommended daily nutrients.
- ✓ At lunch students may select a minimum of 3 but up to 5 food groups offered. For a reimbursable meal, one of their choices must be a ½ cup fruit or vegetable.

Compliance with the National School Breakfast and National School Lunch Programs

	Breakfast	USDA	Lunch	USDA
ELEMENTARY				
Calories	470	350-500	553	550-650
% Saturated Fat	6.87%	< 10%	7.11%	<10%
Sodium	539	≤ 540 mg	1230	≤ 1230 mg
MIDDLE				
Calories	476	400-500	629	600-700
% Saturated Fat	7.96%	< 10%	5.76%	< 10%
Sodium	539	≤ 600 mg	1135	≤ 1360 mg
HIGH				
Calories	470	450 – 600	774	750-850
% Saturated Fat	8.27%	< 10%	8.72%	<10%
Sodium	631	≤ 640 mg	1419	≤ 1420 mg

Grayson County School Food Service hosts Student Taste Testings to get feedback from students on new products that will fit into the USDA guidelines.

Food Service operates on a three-week cycle menu to offer variety, while still controlling inventory and allowing for food allergy management.

Community Eligibility Provision

All Grayson County Schools continue to participate in the Community Eligibility Provision, allowing all students in the district to receive breakfast and lunch at no cost to them.

After School Cool Fuel

Cool Fuel, which operates under the USDA's Child and Adult Care Food Program At-Risk Supper Program, expanded to all six Grayson County Schools. This service is open to all students 18 and under and does not charge the child or teen for the meal. A supper meal consists of 5 menu components: protein/meat, grain/bread, vegetable, fruit, and dairy. Students participating in after-school enrichment activities, sports teams, academic teams, FRC, etc. are welcome to participate. For more information, you may contact Beth Lee Meredith @ beth.meredith@grayson.kyschools.us or 270-259-4011.

Grayson County School Food Service is accredited in meeting the **Healthy, Hunger-Free Kids Act of 2010** provisions. The federal nutrition standards have been implemented in stages to ensure that meals are healthier, well-balanced, and provide students the nutrition they need to succeed at school.



Farm to School

Grayson County purchases local produce to utilize in the National School Lunch, School Breakfast, Summer Feeding, and Supper Programs.



<p>Jackson's Orchard – Bowling Green, KY 8 Apple Varieties: Ginger Gold - sweet Jonathan – red and tart Gala – sweet and crisp Golden Delicious – yellow and sweet Fuji – pinkish and sweet Red Delicious – red and sweet Arkansas Black – red and tart Granny Smith – green and tart</p>	<p>VanMeter Family Farm – Peonia, KY Strawberries Watermelon Summer Produce: Cucumbers Summer Squash Zucchini</p> <p>Blueberries of Daviess County – Owensboro, KY Fresh and Freshly Frozen Blueberries</p>
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Nutrition Promotion and Education

Nutrition Education is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. Classrooms also invite guest speakers to provide nutrition education throughout the school year. Nutrition is promoted during National School Lunch Week in October, National School Breakfast Week and National Nutrition Month in March. Community Partners, such as Grayson County Extension Office and Grayson County Health Department, provide nutrition education for our students as well. Grayson County School Food Service implements components of Smarter Lunchrooms, which includes evidenced-based strategies to encourage healthy selections.

Summer Meal Program

The USDA Summer Meal Program was established to ensure children continue to receive nutritious meals when school is not in session. The

Summer Meal Program provides free meals to kids 18 years and younger, regardless of income, race, sex, religion or nationality. Summer Meal locations and times are updated toward the end of May. Families may call the National Hunger Hotline at 1-866-HUNGRY or 1-877-8-HAMBRE

or text "FOOD" to 877877. Grayson County School Food Service hosted 37 sites in Summer 2019, with 26 of those sites being served from Meals on the Bus mobile routes.



Employee Wellness

Grayson County Health Department visited each of our sites to offer GO365 Checks in the Fall and Spring, as well as Flu vaccines, Hepatitis vaccines, etc. Each school has offered opportunities for physical activities after school hours, to include zumba and yoga.

A copy the district's wellness policies can be found www.graysoncountyschools.com.

If you'd like to join the district team, please contact Kristy Hodges at 270-259-4011, ext. 7008 or kristy.hodges@grayson.kyschools.us.

Smart Snacks in Schools

Items sold outside of the National School Breakfast and National School Lunch Programs, including vending machines, school stores, and a la carte cafeteria sales must meet the following Smart Snacks Guidelines:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

Calorie Limits:

- Snack items: \leq 200 calories
- Entrée items: \leq 350 calories

Sodium Limits:

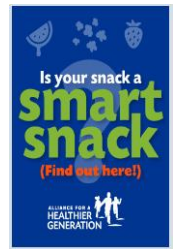
- Snack items: \leq 230 mg
- Entrée items: \leq 480 mg

Fat limits:

- Total fat: \leq 35% of calories
- Saturated fat: $<$ 10% of calories
- Trans fat: zero grams

Sugar limit:

- \leq 35% of weight from total sugars in foods



Nutrition Standards for Beverages:

All schools may sell:

- Plain water
- 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 and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
 - Calorie-free, flavored water; and
 - Other flavored beverages that are labeled to contain $<$ 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

School Physical Activity Environment Assessment

Criteria	Elem	Middle	High
Sequential physical education curriculum consistent with standards	Yes	Yes	Yes
Health-related physical fitness	Yes	Yes	Yes
Students active at least 50% of class time	Yes	Yes	Yes
150 minutes of physical education per week	Partially in place	N/A	N/A
225 minutes of physical education per week	N/A	No	No
Schools promote community physical activities	Yes	Yes	Yes

Non Discrimination Statement:

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