



**Our Mission:**

**To grow healthy students...**

#### Quick Food Service Data Facts

##### Meals served in SY 2012:

- ♦ Total Meals- 700,356 Student Meals- 667,533;
- ♦ Average Daily Participation-Lunch- 2199; Breakfast- 1718 (SY-12 Revenue \$2,053,067.87
- ♦ Cost of Food Used \$748,822 (44%)
- ♦ Total Expenditures SY 2012- \$1,697,977.43

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##### School Year 2013 Financial Report CEO Year August—December 2012 (1st Semester SY 13)

- Total Meals: 348,153 Student Meals: 334,777
- Average Daily Participation-Lunch: 2256 Breakfast: 1760
- Cost of Food Used Aug-Dec 2012 347,729
- Total Expenditures Aug- Dec 2012 \$661,286.01

Total \*Revenue/Reimbursement Aug-Dec 2012 \$624,193.23

- WC Average Meal Cost YTD \$2.61 Lunch; \$ . 90 Breakfast

\*Receiving 6 cents extra performance based Oct 2012

Ex: Oct. \$2406.06 extra

#### USDA National Breakfast /Lunch

The school district is committed to supporting healthy eating and wellness so that our students are more ready to learn.

Menus are planned using the USDA New Meal Pattern, inTeam Menu Compliance Tool and Alliance for Healthy Generation standards.

For educating students about selecting a reimbursable meal, our schools use the USDA My Plate as a model toward teaching students what should go on their tray.

**Its our desire for students to eat healthier and still enjoy meals! A learning process in action.**



#### What's NEW?

- ⇒ **National Nutrition Standards**
- ⇒ Meeting New Meal Pattern and Offer vs. Serve (OVS) Fruit Vegetable requirement continues to challenging.
- ♦ **CEO- Community Eligibility Option School District with SY 2012-2013**
- ⇒ **All students receive a breakfast and lunch meal free of charge.**
- ⇒ **USDA and Menu Certification and 6 Cents Performance Based Reimbursement.**
- ⇒ **Expanded Breakfast Venues with more alternatives for service; New Kiosk at WC Middle School; 2nd Chance Breakfast WCHS!**
- ◇ **Expansion of School Garden**—Served our school meals fresh tomatoes,& cabbage from August—November; other crops were cucumbers, peppers, broccoli, cantaloupe, potatoes, spinach.

- Whole grains served daily at all schools
- Menus meet specific sub-group vegetable requirements weekly, i.e. dark green, red orange, and bean **(NEW)**.
- More focus on fruit and vegetables!
- **Minimum and maximums calories with lunch meals (NEW)**
- Variety of milk served! Nonfat flavored milk and 1% white/nonfat unflavored milk
- Lean meats and poultry (non-fried fish weekly)
- Free water stations

## Nutrition & Physical Activity Report SY-2013

# WC Cardinal Nutrition Report Card SY 2013

Grades K-5 Walker, ECC, Bell

LUNCH	Fruit	Veg.	Meat/Meat Alt.	Grains	Milk	Avg. Calories	Avg. % Sat. Fat	Sodium
Weekly Min.	2.5 cups	3.75 cups	8-10 oz.	8-9 oz.	5 cups	550-650 kcal	<10%	1230/935
<b>Menu Actuals</b>	<b>5 cups</b>	<b>5 cups</b>	<b>10—10 oz.</b>	<b>8—8.75 oz.</b>	<b>5 cups</b>	<b>635 kcal.</b>	<b>6.69%</b>	<b>1105</b>
Regulation Met?	YES	YES	YES	YES	YES	YES	YES	NA

Grades 6-8 WC Middle

LUNCH	Fruit	Veg.	Meat/Meat Alt.	Grains	Milk	Avg. Calories	Avg. % Sat. Fat	Sodium
Weekly Min.	2.5 cups	3.75 cups	9-10 oz.	8 –10 oz.	5 cups	600-700 kcal.	<10%	1360/1035
<b>Menu Actuals</b>	<b>5 cups</b>	<b>5.625 cups</b>	<b>9-10 oz.</b>	<b>8.25—10 oz.</b>	<b>5 cups</b>	<b>614 kcal.</b>	<b>6.92 %</b>	<b>1227</b>
Regulation Met?	YES	YES	YES	YES	YES	YES	YES	NA

Grades 9-12 WCHS

LUNCH	Fruit	Veg.	Meat/Meat Alt.	Grains	Milk	Avg. Calories	Avg. % Sat. Fat	Sodium
Weekly Min.	5 cups	5 cups	10-12 oz.	10-12 oz.	5 CUPS	750-850 KCAL	<10%	1420/1080
<b>Menu Actuals</b>	<b>7 cups</b>	<b>5.625 cups</b>	<b>10.5 –11.5 serving</b>	<b>10-10.75 serving</b>	<b>5 CUPS</b>	<b>777 KCAL</b>	<b>6.91%</b>	<b>1494</b>
Regulation Met?	YES	YES	YES	YES	YES	YES	YES	NA

## Health Inspections

**Walker– 97%**

**Bell Elem-100%**

**WC Middle– 100%**

**WC High– 100%**

## Competitive Food Rule

No sales from fundraisers, school stores and vending machines should take place until 30 minutes after the last lunch period.

## WC FOOD NUTRITION STAFF

30 School Staff; 2.5 District Staff

FN Director– Registered Dietitian, School Nutrition Specialist

District Production Coordinator (New-Part Time), Culinary Specialty

SNA CERTIFIED STAFF: Director/Managers- 4; Other 2

Staff Serve Safe Certified– 6

All school staff—KY recertification in child nutrition programs.

\*Monthly training ongoing for staff within schools

## Spring 'Cardinal Nutrition Food Fair Expo' Coming in April 2013

- ♦ Taste testing new foods encouraged at schools



Resources:

Visit us at our website:

[www3.wayne.kyschools.us](http://www3.wayne.kyschools.us)

Click on Departments:

- Nutrition Services



## Wayne Co. Schools Physical Inventory Summary SY 2013

Program/Activity	Walker and Bell Elem.	WC Middle	WC High
20 minutes or more of daily recess	YES	N/A	N/A
Provide 150 minutes of physical activity per week (elem.)	No	N/A	N/A
Opportunities for students to participate in daily physical activity during the school day (excludes PE)	N/A	YES	YES
602a: Middle– Requires all students to participate in a minimum of 90 minutes of physical education.; 603a: High School– PE equivalent for one half year met	N/A	NO	YES
Curriculum and instruction aligned with National/state physical education standards.	YES	YES	YES
School policies and practices support that physical activity is not used for or withheld as punishment for students.	YES	YES	YES

(Above physical activity report data taken from SY 2012—2013 Alliance: Healthy School Inventory)

The Healthy School District Wellness Committee met in October, 2012 with goals for each school to initiate a school wellness program inventory. All schools have their own wellness leader and council. District also has an active employee wellness program.

Wayne County High School is the Bronze Award Winner school with the Alliance Healthy School Program receiving a national award in October, 2012 in little Rock, AR. All of our schools participated in the Alliance for Healthier Generation and completed the Healthy School Program inventory.

# Alliance Physical Inventory Reports SY 2013