



Nutrition and Wellness Report

National School Lunch and Breakfast Programs

The School Nutrition Department administers the United States Department of Agriculture (USDA) School Breakfast Program and National School Lunch Program as well as the Summer Feeding Program. School meals must meet nutrition standards and meet federal and state regulations to receive federal funding to operate the programs. Mercer County Schools' menus meet the USDA nutrient standards. The lunch and breakfast meals are planned on a 3-week cycle menu and offer multiple choices each day. Federal regulations require that we offer age appropriate portions of entrees, fruits, vegetables, and milk for lunch and breakfast. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, calcium, iron, and vitamins. Students must take a serving of fruit or vegetable at breakfast and at lunch to complete their meal.



Daily Selections for School Meals:

- variety of fresh and canned fruits
- low fat/low sodium meat/meat alternates
- fat-free/1% milk
- age-appropriate calorie limits/portion sizes
- ≤10% saturated fat
- zero grams trans fat
 - sodium restrictions variety of vegetables including dark green, red/orange and legumes
 - variety of whole grain rich items

Smart Snacks in School

As of July 1, 2014, school sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to students, while limiting

foods with high sugar or fat content. Smart Snacks in School is another step toward improving the health of our students.

Any snack food sold in schools MUST:

- 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
- contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*



- Snack items: ≤230mg
- Entrée items: ≤480mg

Snack Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤200 calories
 - Entrée items: ≤350 calories
- Sodium limits:

Nutrition Standards for Beverages

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
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and 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.

Nutritional Facts		
Serving Size		
Amount Per Serving		
Calories	Calories from Fat	
	% Daily Value*	
Total Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Sugars		
Protein		
Vitamin A	Vitamin C	Vitamin D
Calcium	Iron	
*Percent Daily Values (DV) are based on a calorie diet.		

Fat limits:

- Total fat: ≤ 35% of the calories
- Saturated Fat: ≤ 10% of the calories
- Trans Fat: 0 grams

Sugar limit:

- ≤35% of weight from total sugars in food

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 (with or without carbonation); and
- other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces
- no more than 12-ounce portions of beverages with ≤40 calories per 8 fluid ounces or ≤60 calories per 12 fluid ounces

Applies to all foods and beverages sold via fundraisers, vending machines, school stores, school concession stands and any other place that is located on the school campus.

Window 1- from midnight the night before until 30 minutes after the last lunch period. During this window, no sale of food or beverage may take place except as part of the school breakfast and lunch program.

Window 2- is from 30 minutes after the last lunch period until 30 minutes after the end of the official school day. During this window, food and beverage items sold must meet all nutrition standards in the regulations.

Window 3- is from 30 minutes after the end of the official school day. During this window, there are no nutrient standards restricting what may be sold. This includes weekends and non-school days.

To ensure a snack is in compliance with the Smart Snack Guidelines, use this link to plug in snack information, and see how it measures up to the guidelines. <http://tools.healthiergeneration.org/calc/calculator/>

Meal Planner links to school menus and provides nutrition information on all menu items. To see the menus and nutrient information go to www.mercer.kyschools.us and click on the MEAL MENUS icon at the bottom of the main page. This link will take you to the meal menus page where you can click on the school menus you would like to see. You can also download the free app MENUS FOR SCHOOLS if you wish to view the menus and nutrient information on your smart phone.

National School Lunch and Breakfast Programs: Average Daily Participation

# of Participating Schools	5
Average Daily Attendance	2750
Average Daily Participation for Lunch	2520
Average Daily Participation for Breakfast	1500
Total # of Reimbursable Meals for the month of October 2018	60,848
Average Percentage of Daily Participation for October 2018	Lunch 83% Breakfast 41%
(October 2018 data)	

Mercer County Wellness Policies

Federal law 108-265 Section 204 requires school districts to have a local district wellness policy. State law KRS 160.345 requires elementary schools to develop and implement a school wellness policy. Each year the SBDM councils review all policies and procedures and adjust accordingly. The district wellness policy can be reviewed at www.mercer.kyschools.us and the school wellness policies can be reviewed on the individual school websites.

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