

Wolfe County Schools

2016-2017

School Nutrition Report Card

The Wolfe County School district and its food service employees are dedicated to providing nutritious and well-balanced meals to all students and faculty. We currently provide meals to approximately 1300; Kindergarten-12th grade students across the district,

Our foodservice staff currently consists of 17 full-time certified cook/bakers, 5 part-time certified cook/bakers, 2 part-time custodians, and a School Nutrition Director.

The Wolfe County School District currently participates in the following federal food service programs:

Community Eligibility Program (CEP) – Free Meals for ALL Children

National School Lunch Program

National School Breakfast Program

Afterschool Snack Program (21st Century – CES)

Afterschool Snack Program (WCHS)

Fresh Fruit & Vegetable Program (CES and RRVE)

Summer Feed Program

Community Eligibility Program (CEP)

The Community Eligibility Program began at the start of the 2012-2013 school year and we are in the fifth year of this wonderful program. This program provides a free breakfast and lunch to all children in our district; regardless of parent/guardian income. Our claiming percentage is at 100%; therefore every reimbursable meal that we serve is reimbursed at the free rate. The reimbursement rates are currently \$2.04 for breakfast, \$3.18 for lunch, and \$.86 cents

for a snack. A la carte items and snacks are available to children at a price as before and adult meals are available as well. Adult prices are \$1.00 for breakfast and \$3.00 for lunch.

National School Lunch Program

The National School Lunch Program was established in 1946 as a "measure of national security to safeguard the health and well – being of the Nation's children." School districts receive federal reimbursement funds for each school lunch served that meets USDA guidelines. Our meals are planned on a 3 week menu cycle. The table below provides a synopsis of our 2015 – 2016 lunch program. Federal regulations require that we offer minimum portion sizes of meat, grains/breads, fruit and/or vegetable, and fluid milk during every lunch meal service. The portion sizes and calorie ranges are designed to meet the needs of the children and increase as the child gets older. The menu cycle allows for variety and encompasses foods that the children really like. We offer skim milks and free potable water. Our district menus are certified to reflect new changes and target nutritional goals as established by the USDA. Calorie ranges and requirements increase with the grade levels. Portion sizes for some menu items – in particular; at the high school may be more. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 100% of the grains served must be whole grain rich, a variety of fresh and canned fruits are offered along with 100% fruit juice, all vegetable subgroups are being met, and variety of flavored non-fat and 1% unflavored milk is being served.

Federal Reimbursement	\$590,319.45
# of Schools Participating	5
Total Lunches Served	187,403

National School Breakfast Program

The National School Breakfast Program was established in 1966. School districts receive federal reimbursement funds for each breakfast served that meets USDA guidelines. Previous studies have shown that children who participate in the School Breakfast Program have significantly higher test scores than non – participants. Our breakfast meals are also planned on a 2 week menu cycle. The table below provides a synopsis of our 2015 – 2016 breakfast program. Calorie ranges and requirements increase with the grade levels. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 100% of the grains served are whole grain rich, a variety of fresh fruits and orange juice are offered, and a variety of flavored non-fat and 1% unflavored milk is being served.

Federal Reimbursement	\$296,667.21
# of Schools Participating	5
Total Breakfasts Served	149,079

Breakfast Meal Pattern				Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark Green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1½
Grains (oz eq)	Minimum 7 (1)	Minimum 8 (1)	Minimum 9 (1)	Minimum 8 (1)	Minimum 8 (1)	Minimum 10 (2)
Meats/Meat Alternates (oz eq)	0	0	0	Minimum 8 (1)	Minimum 9 (1)	Minimum 10 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 540	≤ 600	≤ 640	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Summer Feeding Program

The Summer Feeding Program was created to ensure that children in low - income areas could continue to receive nutritious meals during their summer vacations. All children 18 years or younger can receive these meals. We offer a combination of breakfast, lunch, and supper. These meals are served at schools, churches, and parks. The table below provides a synopsis of our 2015 -2016 summer feeding program for June and July of 2016.

# of Sites	17
# of Meals Served	38,984
Federal Reimbursement	\$121,418.97

Afterschool Snack Program

Campton Elementary School currently operates the afterschool snack program along with the supper program through collaboration with the 21st Century Grant. Also, Wolfe County High School operates the afterschool snack program. The snack is offered after school to all participants from Monday - Friday at Wolfe County High School. Campton Elementary the snack is offered after school to all participants from Monday - Friday or when the 21st century program operates.

Fresh Fruit & Vegetable Program

During the current school year, two of our three elementary schools (Campton Elementary and Red River Valley Elementary) were chosen to participate in the Fresh Fruit & Vegetable Program. Grant monies were awarded to purchase healthy fruits/vegetables to be served as snacks. Every student at these schools receive a free, healthy, fresh, and nutritious snack at least three days a week. The middle and high schools aren't eligible for this grant.

A la carte Items

A la carte items are priced and made available to students during breakfast and lunch. Any items that can be counted as a meal component of a reimbursable meal can be sold as a la carte under the federal breakfast and lunch program. This would include any extra item that is on our breakfast or lunch menu. We also sell water, 100% fruit/vegetable juices, and other items that are "Smart Snack" compliant.

School Stores & After School Functions

Our school stores or our schools with vending machines must wait at least 30 minutes after the last lunch period ends to sell items that also meet the nutritional guidelines. The principals are aware that snacks sold during school hours must meet the nutritional guidelines for Smart Snacks. Once the school day ends – no nutritional guidelines must be followed. Regular soda's, candy, cakes, and etc. can be sold at after-school functions and at concession stands, etc.

Summary & General Recommendations For Improving the Nutrition & Physical Activity Environment

- The 2016-2017 school year is our sixth year participating in the CEP program and it continues to be very successful. All children are getting a free breakfast & lunch and we look forward to this program continuing.
- Our breakfast & lunch menus meet federal and state requirements and nutritional guidelines of the program. The meals are healthier with less fat, saturated fat, calories, sodium, sugar, and etc. Nonfat milks, whole grain foods, and more fresh fruits and vegetables are being offered daily.
- The food service program underwent a state audit during the 2015-2016 school year and the audit went very well with no noted errors that would require fiscal action. The program is on a three year cycle and will be up for review again during the 2018-2019 SY.
- Principals and staff are becoming more and more aware of items that can be sold during the school day and of the competitive food guidelines. Healthy drinks and snacks are being sold to the students as a result.
- Physical activity is being promoted in all our schools – whether it's in the classroom, PE gym, or on the playgrounds during recess. The majority of our elementary schools do not have a certified PE teacher in the building; so that may be an area that needs improvement.
- The Weekend Food Backpack Program began on January 2016. Approximately 150 identified children are receiving a food bag with non-perishable food items to take home with them every other weekend to ensure they have food to eat. Several community organizations, businesses, and employees are committed to helping, and food and monetary donations are being collected.
- The district Wellness Policy is updated annually by the district Wellness committee as well. General recommendations are made to help improve the wellness environment in the district.
- Afterschool physical education opportunities are offered to the students free of charge. A schedule of activities has been scheduled including walking and exercise classes such as Pound. Pound classes are offered to the staff and community for a fee.
- The district also participates in the Farm to School Program. We currently are using tomatoes on our lunch menu weekly. We are buying tomatoes from two local farmers here in Wolfe County.

If you have any questions/ concerns regarding this report; please contact the following:

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