

NSLP	5 Cups	5 cups	½ Cup	1 ¼ cup	½ cup	½ cup	¾ cup	10 oz.	10 oz.	40 oz.
SFSP		2.5 cups								40 oz.

Food and beverage items sold as extras on the cafeteria line and through vending machines must meet all nutritional standards as required by the Kentucky Board of Education. The standards are designed to limit access to items with no nutritional value. No sales must take place until at least 30 minutes after the last lunch ends.

FRESH FRUIT AND VEGETABLE GRANT AT CCES

In addition to breakfast and lunch, students at CCES are provided with a fresh fruit or vegetable daily during snack with funds awarded through the FFV grant.

Child Adult Care Food Program (CACFP)

If students are on campus after hours at one of at-risk sites, they may receive a free supper meal as well as a snack through the CACFP program.

Students enrolled at Little Panthers Daycare are provided a free breakfast, lunch and snack through the CACFP. Students at headstart receive a snack each day through this program as well.

Physical Activity and Achievement

Schools play a critical role in promoting healthy physical behaviors in students.

The data below is a summary of an assessment of school staff.

Program Activity	Elementary	Middle	High
Recess provided daily	YES	NO	NO
At least 150 minutes of Physical Education offered per week	Students receive 50-100 minutes of physical education each week PE classes are offered Monday-Friday	60 minutes per day per each grade level on a 9 week rotation PE classes are offered daily	9 th grade gets 250 minutes of PE per week PE classes are offered daily
Open facilities for families/community physical activity	YES	YES	YES
Children are allowed access to water as needed	YES at the water fill stations located at their schools	YES at the water fill stations located at their schools	YES at the water fill stations located at their schools

Cumberland County Schools offer a wide variety of extra-curricular activities or sports to promote physical activity and well-being for students.