

# Food Service Department

## GOALS

Nutrition is a vital part of the educational process. Our goal in 2025-2026 is to offer nutritional, healthy choices to our students. We take pride in being part of our students' success.

The Kentucky Board of Education has adopted a regulation setting minimum nutritional standards for food and beverages available for sale in vending machines, school stores, canteens, and ala-carte items on the cafeteria line. These standards apply to all schools in the Pulaski County School System. Only water, low fat milk, 100% fruit juice, and other beverages that meet the nutritional standards are available in vending machines, school stores and the serving line.

Our goal is to offer more fresh fruits and vegetables on the menu. We are also offering more whole grain bread products on the menu. The amount of sugar and fat in the menu has been greatly reduced this year. The sodium has also been reduced and managers have been trained on the reduction of sodium in the food.

Many changes have taken place this year in the school meals. Students are served more dark green leafy vegetables as well as red and yellow vegetables. A variety of fruits are offered daily.



### Adult Meal Prices 2025-2026

**Breakfast**    \$3.30  
**Lunch**        \$5.00

## POLICIES AND GUIDELINES

We strive to offer our students nutritional meals and we offer numerous healthy choices. Many of our menu items are prepared from scratch which allows us to better control the amount of fat, sodium, and sugar in the foods we serve. Students are offered many choices and are allowed to choose as many fruits and vegetables as they will eat. High schools and middle schools offer a salad bar in addition to the regular menu. Some of our elementary schools offer a boxed chef salad upon request.

A list of foods and beverages that are available to students can be made available to the public through a request to the Food Service Department.

Managers meet with the food service director for training, discussion of menus, and suggestions for improving the menu on a monthly basis. Staff training is ongoing in each school daily. In addition, certification training for all food service personnel is conducted more than once a year. Substitute cooks are required to have a level 1 certification training after 45 days of work. All managers are level one certified, plus an additional 10 hours special training.

Contracted fast foods or foods sold through commercial vendors are not available in the Pulaski County Schools. Vending machines are accessible to students and are compliant with the competitive food rule. Sales from vending machines are not accessible until 30 minutes after the last lunch period ends.

### Dietary Specification: Daily Amount Based on the Average for a 5-Day Week

	SY 2025-2026		
	K-5	6-8	9-12
Saturate Fat (% of total calories)	<10	<10	<10
	K-5	6-8	9-12
Sodium Limit:	<1,230 mg	<1,360 mg	<1,420 mg
	SY 2025-2026		
	K-5	6-8	9-12
Saturate Fat (% of total calories)	<10	<10	<10
	K-5	6-8	9-12
Sodium Limit:	<1,110 mg	<1,225 mg	<1,280 mg
Added Sugar :	<10	<10	<10



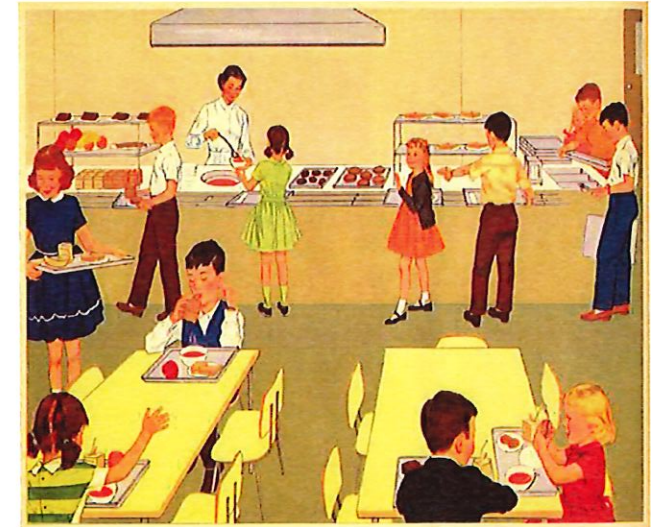
## MEAL INFORMATION

Pulaski County is a complete CEP district (Community Eligibility Option). This means all students eat free, regardless of income.

Breakfast Served from August 2024 to May 2025 was 506,073

Lunch Served from August 2024 to May 2025 was 805,871

**SY 2025-2026**  
**Total Meals Served 1,311,944**



Small ware equipment is ongoing in all schools.



## SUMMER FEEDING PROGRAM

We realize that hunger does not stop when school is not in session. Many of our students who have depended on the school cafeteria for two meals a day may go hungry during the summer months when school is no longer in session. The Pulaski County Board of Education partners with a wide variety of organizations to provide meals for the children during the summer months. Some of these include the good relations we have with our churches. We provide meals for their Bible schools, Wednesday night suppers, and Sunday mornings and nights. We partner with the libraries to provide meals to the community. The summer of 2025, the Pulaski County library used their bus and picked up meals every day for distribution to the children. We also provide meals at schools, parks, camps, community centers, housing projects, mobile home parks, and many churches for VBS, Sunday morning/night, and Wednesday night.

This summer of 2025 the First Methodist Church of Somerset operated a bus ministry 2 days a week and distributed meals to the children in Pulaski County. The meals were prepared at Pulaski County Central Kitchen by the Summer Feeding workers and distributed all over Pulaski County to children.

The Summer Feeding Program is a wonderful program that provides employment to our cooks when school is out, and a nutritious meal to children who might otherwise go hungry.

We averaged feeding 550 meals per day participating in the Summer Feeding Program.

## NUTRITION & PHYSICAL ACTIVITY

The Pulaski County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities for our students. We realize that academic performance and quality of life issues are affected by the choices and availability of good foods in our district. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. To prevent a lifetime of poor health, it makes sense to address obesity during childhood. While research is clear that the problem of obesity can't be cured without parent and community support, schools can and do play a significant role. The physical activities report can be viewed on our website at [www.pulaski.net](http://www.pulaski.net).



## SUPPER MEALS

Pulaski County Schools began serving a free supper meal to any students that were staying after school for sports, academics, clubs or any enrichment program. Supper meals are available free of charge in every school except Day Treatment.

### IMPROVEMENTS MADE THIS YEAR

The cafeteria meals have seen a lot of changes this year. The menus are now analyzed for nutrient content. All menus meet the requirements for the meal pattern set forth in the federal regulations and are characterized by choice and variety. Menus are posted on the web site at [www.pulaski.net](http://www.pulaski.net). Most all bread served is whole grain rich. A larger variety of fruits and vegetables are offered daily. One cup of fruit and vegetables must be offered with every lunch. Every student must have at the minimum 1/2 cup fruit or vegetable on their tray for a reimbursable meal.

The number of calories per day are established by federal guidelines and are implemented in every meal served. Our goal is to have healthier food choices for our students. Many schools now offer a nutritional fruit smoothie, yogurt parfait, grab and go breakfast for breakfast options in addition to the regular breakfast menu. Many of our schools offer an alternative breakfast to give more children the opportunity to eat breakfast. Some of the schools meet the bus with a breakfast.

The calorie range at lunch is:

Grade K-5	550-650
6-8	600-700
9-12	750-850

Pulaski County Schools provide meals for the Lake Cumberland Head Start Programs and the Migrant Programs. These meals are catered from Day Treatment and Southern Middle School.

### Pulaski County Schools

Superintendent Patrick Richardson  
Assistant Superintendent Sonya Wilds  
Assistant Superintendent Matt Cook  
[www.pulaski.net](http://www.pulaski.net)

### Board Members

Cindy Price	Chairperson
Rebekah Branscum	Vice Chairperson
Patricia Edwards	Member
Daphne Tucker	Member
Laura Carrigan	Member

# Pulaski County Schools

## Nutrition and Physical Activity Report 2025-2026



Pulaski County Schools  
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This institution is an equal opportunity provider.

**SCHOOL AND COMMUNITY NUTRITION**

# USDA Nondiscrimination Statement

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## **USDA Nondiscrimination Statement**

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete the [USDA Program Discrimination Complain Form](#) (AD-3027) found online at [How to file a Complaint](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;