



# Wellness Report Card Nutrition & Physical Activity

Grant County Schools

School Year 2018-19

Grant County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2018-2019 the district met all required regulations in regards to nutrition standards and physical required physical activity minutes. Grant County Schools works hard to provide more than required and strive to be the very best.



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Food Service continues to utilize the online payment and account information system called “myschoolbucks” to allow online payments as well as free account information services. These are accessible via cellphone apps as well as website. This application allows parents, students and staff to maintain a positive fund balance in their accounts.



**Grant County Schools continue to use a wonderful menu and nutrition information tool called. "School Nutrition and Fitness". This program is an online tool for staff, parents and students to obtain instant nutrition information for every menu item via phone app or website. Additional nutrition information and wellness tips are also available to enhance the knowledge of our customers.**

Nutritional Menus

schoolnutritionandfitness.com/webmenus2/#/view?id=5bd07406534a13b1618b456c&siteCode=2341

December 2018

### Grant County Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti & Meatballs W/Bread Chicken Sandwich Uncrustables Small w/Cheese Stick Buttered Corn Tossed Salad W/Ranch Apple Strawberries	4 Papa John's CMZ & SES ONLY Grilled Cheese Sandwich Yogurt Parfait Berry At MCE & DRE ONLY Hotdog on a Bun WG Tomato Soup French Fries Applesauce Cup Orange Wedges	5 Roasted Chicken Cheeseburger on Bun Chef Salad Broccoli and Cheese Au Gratin Potatoes Grapes 100% Fruit Juice Assorted  <b>Santa Visit at SES</b>	6 Papa John's DRE & MCE ONLY Mac & Cheese w/Bread Deli Bag W/Doritos WG At SES & CMZ ONLY Hotdog on a Bun WG Cowboy Baked Beans Green Beans Pear Blueberries	7 BAG LUNCH DAY Prime Time Chicken Sandwich Corndog Yogurt Pack Baby Carrots & Ranch Broccoli Trees & Ranch Raisins Raisels Banana
10 Chili Three Way Prime Time Chicken Sandwich Uncrustables Small w/Cheese Stick Cowboy Baked Beans Peas Peaches Apple	11 Philly Cheesesteak Hot Ham & Cheese Sandwich WG Yogurt Parfait Berry Sweet Potato Puffs Buttered Corn Baked Apples Orange Wedges  <b>Santa Visit at DRE</b>	12 Chicken Tenders W/Bread Cheeseburger on Bun Chef Salad Mashed Potatoes Green Beans Mandarin Oranges Grapes	13 Soft Tacos (2) Bosco Stick Deli Bag W/Doritos WG Buttered Corn Kale Blueberries Sidekicks  <b>Santa Visit at CMZ</b>	14 Pizza, Big Daddy's Cheese Hotdog on a Bun WG Yogurt Pack Smiley Potatoes Glazed Carrots Raisels Banana
17 LaSagna Rollup w/Bread Chicken Sandwich Uncrustables Small w/Cheese Stick Steamed Vegetables Broccoli Trees & Ranch Strawberries Apple	18 Orange Chicken Corndog Yogurt Parfait Berry Asian Blend Vegetables Spinach, cooked Applesauce Cup Orange Wedges 100% Fruit Juice Assorted  <b>Santa Vist at MCE</b>	19 Chicken & Waffle Elem Cheeseburger on Bun Chef Salad Tater Tots Tossed Salad W/Ranch Pineapple Tidbits Grapes	20 <b>No School Christmas Break</b>	21 <b>No School Christmas Break</b>
24 <b>No School</b>	25 <b>Merry Christmas</b>	26 <b>No School</b>	27 <b>No School Christmas Break</b>	28 <b>No School</b>

#### Condiments

- Ketchup
- Mustard
- Mayo
- Pickle Slices
- Salsa Cup
- Sour Cream
- Taco Sauce
- BBQ Sauce
- Tartar Sauce
- Syrup
- Promise

#### Available Daily

- Flavored Water

#### Beverages Served Daily

- Ice Cold 1% White & Flavored Milk
- Ice Cold Skim Milk

**TOTAL BREAKFAST SERVED: 356,893**

**TOTAL LUNCH SERVED: 479,899**

**TOTAL AFTER SCHOOL SUPPER SERVED: 21,934**

Grant County Schools Food Service operations are administered through the United States Department of Agriculture, the Kentucky Department of Education and the Grant County Board of Education. Comprehensive regulations are followed and we receive federal funding for the program.

School meals offer daily:

- A wide variety of fruits that are fresh, frozen, and canned
- variety vegetables including dark green, red/ orange & legumes that are fresh, frozen, and canned
- whole-grain rich products
- low fat/low sodium meat/meat alternates
- fat-free/1% milk including flavored milk
- age-appropriate calorie limits/portion sizes
- sodium restrictions, zero trans fats

#### Calorie Limits

Snack Items: < 200 calories

Entrée Items < 350 calories

#### Sodium Limits

Snack items < 230 mg

Entrée items < 480 mg

#### Fat Limits

Total Fat: < 35% of calories

Saturated Fat: < 10% of calories

Trans Fat: zero grams

#### Sugar Limits

< 35% of weight from total sugar in foods



All Schools may sell:

Plain water (without carbonation)

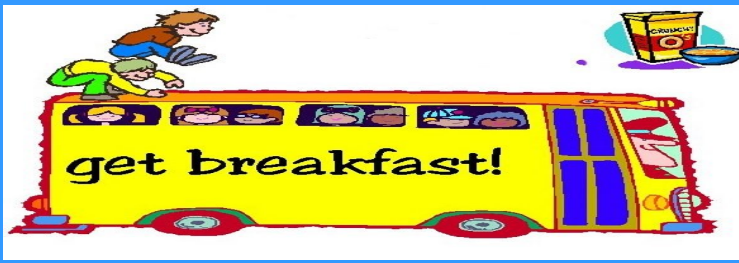
Unflavored or flavored fat free and low fat milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice and

100% fruit or vegetable juice diluted with water (with or without carbonation) & 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. Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**





MILK – we offer only fat free (unflavored or flavored) or lowfat (unflavored or flavored) milk.

All age-grade groups are offered at least 1 cup of milk daily. A variety of milk, at least two options, must be offered.



FRUITS - We offer a minimum of 1 cup daily. Vegetables can be substituted for fruit. Total fruit/vegetables are limited to 50% juice.

GRAINS - A minimum of at least 1 oz. equivalent of actual grains is offered to all grade groups daily.

The weekly minimums are also met as follows:

- K-5: 7 oz. equivalent (minimum weekly)
- 6-8: 8 oz. equivalent (minimum weekly)
- 9-12: 9 oz. equivalent (minimum weekly)



We had several new things for the 2018-2019 school year for breakfast. At our GCHS and GCMS we started the Hot Oatmeal Bar. And at our GCHS we implemented YoGo Coolers, Second Chance Breakfast and a Breakfast to Go Cart. All Elementary Schools introduced Banana Split Yogurt



# SCHOOL LUNCH

## WHAT'S COOKING?

At lunch, we offer all 5 components and 2 may be declined. If not, then items are charged as Ala Carte. Students should select at least a ½ cup fruit or vegetable for reimbursable meal. Full component portions are offered at each meal.

**MILK** We offer only fat free (unflavored or flavored) or low-fat (unflavored) milk. All age-grade groups are offered at least 1 cup of milk daily. A variety of milk including at least two options are offered

**FRUITS** K-5: ½ cup per day

6-8: ½ cup per day

9-12: 1 cup per day

Offer vs serve requires students to take ½ cup fruit or vegetable We may offer: Fresh, frozen, canned in light syrup, water, or fruit juice, or dried

**MEAT/MEAT ALTERNATES** A minimum of at least 1 oz. equivalent of actual grains are offered to all grade groups daily. The weekly minimums must also be met as follows: • K-5: 1 oz. equivalent daily min; 8 oz. equivalent weekly min • 6-8: 1 oz. equivalent daily min; 9 oz. equivalent weekly min • 9-12: 2 oz. equivalent daily min; 10 oz. equivalent weekly min

**GRAINS** K-5: 1 oz. equivalent daily min; 8 oz. equivalent weekly min

6-8: 1 oz. equivalent daily min; 8 oz. equivalent weekly min

9-12: 2 oz. equivalent daily min; 10 oz. equivalent weekly min.

Grains served are Whole-Grain Rich Whole Grain-Rich Criteria: 100% whole grain or contain a blend of whole -grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain. NOTE: Must contain at least 50% whole-grains and the remaining grain, if any must be enriched.

**VEGETABLES** A wide variety of vegetables are offered over week at lunch. The following are example sub-groups for vegetables for weekly requirement:

- Dark Green – broccoli, collard, mustard, kale greens, spinach
- Red/Orange – carrots, sweet potatoes, butternut squash, tomatoes, red peppers, pumpkin
- Bean/Pea (Legumes) – kidney beans, lentils, chickpeas, pintos, navy or northern beans, black beans, re-fried beans, vegetarian or baked beans
- Starchy – corn, green peas, white potatoes, lima beans
- Other – onions, green beans, cucumbers, lettuce, celery, beets, cabbage
- Additional vegetables to meet weekly minimums





**Colson Dairy Farm Visit to CMZ**



**New Menu Items**



**Super Hero Lunch Lady**



Thank you for being our Lunch Heroes!  
First Grade



**Santa Program**



**Papa John's Mr. Slice**





**Dry Ridge and Williamstown Firemen Serve the Kiddos Meals**



**October is Farm To School Month**

# Produce Man at SES



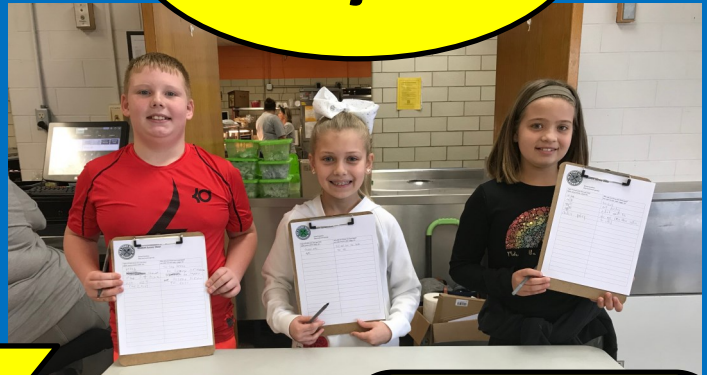
# Dry Ridge Elementary

## Playground Safety Rules

1. Keep hands and feet to self
2. One person at a time on slide
3. Do not block or climb up slide
4. Do not throw mulch, rocks, or sticks
5. Put all trash in garbage cans
6. Respect playground equipment and property



# DRE Food Waste Project



# Physical Education



# Share Tables at all Schools







Grant County Schools Food Service partners with the Grant County Public Library to provide meals and books to the community during the summer. New this year was the Lunch Bus Express that went out daily in the community to feed the children. Our 2019 Summer Feeding total:

- Breakfast served: 2,200
- Lunch served: 11,598
- Snack served: 540
- Supper Served: 34



This report as well as the responses from the schools will be presented at the January Board meeting.

Any questions or concerns can be directed to  
Kathy Craven, Director of Food Service [Kathy.craven@grant.kyschools.us](mailto:Kathy.craven@grant.kyschools.us)

Grant County Schools Food Service  
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