

# Wellness Report Card Nutrition & Physical Activity

Grant County Schools  
School Year 2019-2020



Grant County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2019-2020 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.



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 ac-







**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.**

**AUGUST 2019—MARCH 13, 2020**  
**TOTAL BREAKFAST SERVED: 248,777**  
**TOTAL LUNCH SERVED: 375,425**  
**TOTAL AFTER SCHOOL SUPPER SERVED: 17,435**

**December 2019 Grant County High School Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Burger Bar Prime Time Chicken Sandwich Big Daddy's Buffalo Chicken Pizza Mac and Cheese Bar Chef Salad-HS Grain Station Tomato Soup Mashed Potatoes Green Beans Buttered Corn Curly Fries	3 Grilled Cheese Sandwich HS Burger Bar Buffalo Chicken Tenders Pepperoni Calzone WG Fiesta Bar Chef Salad-HS Grain Station Tomato Soup Potato Wedges Baked Apples	4 Chicken Parmesan Bake Burger Bar Chicken Tenders Big Daddy's Pizza Chef Salad-HS Specialty Salad Bar Grain Station Curly Fries Broccoli and Cheese Glazed Carrots Cookie	5 Asian Noodle Bowl Burger Bar Spicy Chicken Sandwich WG Pizza, Big Daddy's 4 Meat Chef Salad-HS Soup & Sandwich Bar Grain Station Steamed Vegetables Baked Potato Green Beans	6 Fish Tacos (2) Burger Bar Grilled Chicken Sandwich WG Big Daddy's Pizza Chef Salad-HS Baked Potato Bar Grain Station Cowboy Baked Beans Buttered Corn Emoji Potatoes
<b>National Cookie Day</b>				
9 Philly Cheesesteak Burger Bar Spicy Chicken Sandwich WG Big Daddy's Buffalo Chicken Pizza Chicken Wing Bar Chef Salad-HS Grain Station Buttered Corn Curly Fries Peas	10 Chili Three Way-HS Burger Bar Prime Time Chicken Sandwich Pizza Crunchers Chef Salad-HS Fiesta Bar Grain Station Cowboy Baked Beans Potato Wedges	11 Pork Riblet Sandwich Burger Bar Chicken Tenders Big Daddy's Pizza Chef Salad-HS Specialty Salad Bar Grain Station Mashed Potatoes Emoji Potatoes Green Beans	12 Soft Tacos (2) Burger Bar Pizza, Big Daddy's 4 Meat Buffalo Chicken Dip W/Chips Chef Salad-HS Soup & Sandwich Bar Grain Station Baked Potato Fiesta Black Beans Buttered Corn	13 Hot Italian Sub Burger Bar Grilled Chicken Sandwich WG Big Daddy's Pizza Chef Salad-HS Baked Potato Bar Grain Station Glazed Carrots Broccoli and Cheese Potato Wedges
16 Orange Chicken Burger Bar Buffalo Chicken Tenders Big Daddy's Buffalo Chicken Pizza Mac and Cheese Bar Chef Salad-HS Grain Station Egg Roll, Vegetable Fried Rice Steamed Broccoli Curly Fries	17 LaSagna Rollup Burger Bar Spicy Chicken Sandwich WG Pepperoni Calzone WG Fiesta Bar Chef Salad-HS Grain Station Potato Wedges Roasted Cauliflower Steamed Vegetables	18 Chicken & Waffle Burger Bar Prime Time Chicken Sandwich Pizza, Fiesta Chef Salad-HS Specialty Salad Bar Grain Station Waffle Fries Buttered Corn Glazed Carrots	19 Nachos W/Meat & Cheese Burger Bar Pizza, Big Daddy's 4 Meat Buffalo Chicken Dip W/Chips Chef Salad-HS Soup & Sandwich Bar Grain Station Baked Potato Buttered Corn Fiesta Black Beans	20 Hot Ham & Cheese on Pretzel Bun Fish Sandwich Burger Bar Grilled Chicken Sandwich WG Big Daddy's Pizza Baked Potato Bar Chef Salad-HS Grain Station Tomato Bisque Soup Roasted Cauliflower Emoji Potatoes
23 <b>No School Christmas Break</b>	24 25 <i>wish you a Merry Christmas and a happy</i> 	26 	27 	

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)

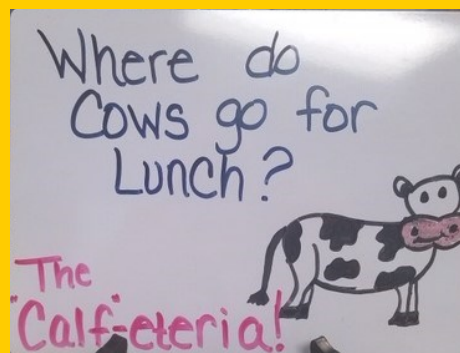
Unflavored or flavored fat free and low fat milk and milk alternatives permitted by NSLP/SBP

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.

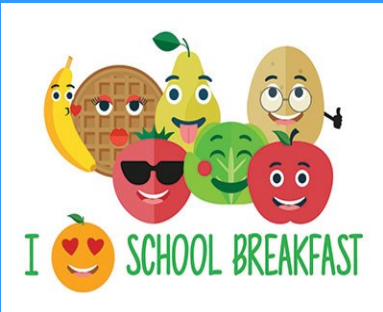
All age-grade groups are offered at least 1 cup of milk daily. A variety of milk, at least two options, must be offered.

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 2019-2020 school year for breakfast. At our GCHS we added a 2nd, Second Chance Breakfast Cart in the Tech Center.

All Schools introduced “Waffle Wednesday” for Breakfast and Lunch. National School Breakfast Week was great, Administration Staff helped service .







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





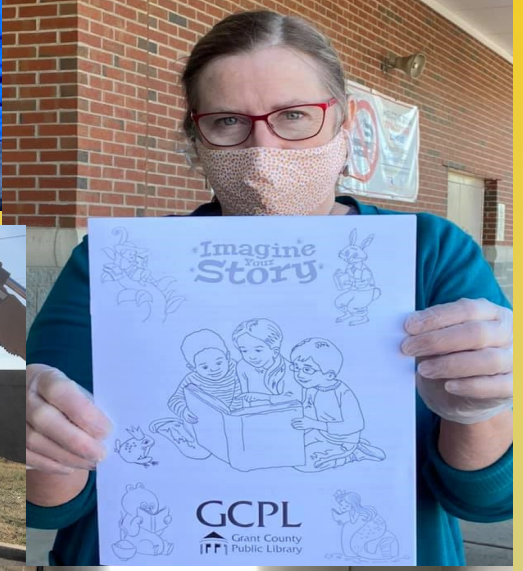




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Grant County Public Library collaborating with GC Food Service for the Touch a Truck Program and Feeding during the Pandemic



Cooking with Kids



Staff Training







**Pandemic Feeding  
 March 16, 2020—  
 August 23, 2020  
 440,648 Meals**



This report as well as the responses from the schools will be presented at the December 2020 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  
 1505 North Main Street  
 Williamstown, KY 41097

**"USDA is an equal opportunity provider and employer."**