

# SHELBY COUNTY PUBLIC SCHOOLS NUTRITION & WELLNESS REPORT 2018-19



Shelby County Public Schools participates in the National School Lunch and Breakfast programs along with the After School Snack program. For the 2018-19 school year we met all required regulations for nutrition standards and required physical activity for students. Shelby County Public Schools works hard to provide the best programs for our students.

Our lunch and breakfast meals are planned on a three-week cycle. We have a Back to School Cycle (August to October), Winter Cycle (November to February) and Spring Cycle (March to May). Program regulations require that we offer age appropriate portions of entrée, fruits, vegetables, and milk for both breakfast and lunch. We plan our menus to meet or exceed these requirements. Our menus are located on the district website at:

<https://www.shelby.kyschools.us/domain/1082>.

The full district wellness policy is online at: <https://www.shelby.kyschools.us/domain/1082>.

Shelby County Public Schools provides the Community Eligibility Program (CEP) in 9 of our 11 schools. CEP allows all Preschool through 7<sup>th</sup> grade students to receive meals at no cost for both breakfast and lunch.

## 2018-19 Total Meals Served

Breakfast: 581,480

Lunch: 767,053

After School Snack: 63,579

Grand Total: 1,412,112

Total Reimbursement: \$3,172,156.36

# Nutrition

Your body needs healthy fuel to perform, to grow and to ward off illness and disease. Good nutrition has a positive impact on your ability to do well in school. When your nutritional needs are met, you have the cognitive energy to learn and achieve. You will be better prepared to learn, more likely to attend school, and are more apt to take advantage of learning opportunities.



## Nutrition Standards –Lunch

During lunch students are offered the following items each day to meet the standards of the National School Lunch Program.

- One 8 oz serving of 1% milk or fat free flavored milk
- One Serving of Whole Grain Bread/Grains
- Two Servings of Vegetables-Fresh, Frozen or Canned
- Two Servings of Fruits-Fresh, Frozen or Canned
- One Serving of Meat or Meat Alternate

Students must take at least a ½ cup serving of fruit or vegetable along with full servings from two other food groups to make a complete meal.

In addition to the guidelines above, there are numerous other requirements that must be met, including:

- Dark Green Vegetables – ½ Cup minimum offered weekly
- Red/Orange Vegetables- ¾ Cup minimum offered weekly
- Beans/Legumes – ½ Cup minimum offered weekly
- Starchy Vegetables- ½ Cup minimum offered weekly
- Limits on calories, saturated fat, trans fat, sugar and sodium.

## Nutrition Standards-Breakfast

- One 8 oz serving of 1% milk or fat free flavored milk
- Offer a minimum of 1 Cup of Fruits Daily-Only 50% from Juice
- A minimum of 1oz equivalent of actual grains is offered to all grade groups daily.
- Limits on calories, saturated fat, trans fat, sugar and sodium.
- Once the grain equivalent minimums are met, meat or meat alternate may be offered.
  - K-5: 7 oz. minimum grain equivalent weekly
  - 6-8: 8 oz. minimum grain equivalent weekly
  - 9-12: 9 oz minimum grain equivalent weekly

## Physical Activity at School

- All Shelby County Public Schools students Physical Education classes meet or exceed the state requirements.
- Elementary Schools have at least 20 minutes daily of non-instructional activity.
- Secondary schools provide additional walking time or use of stationary bikes before and after school.
- All schools offer their facilities to families and/or community members for physical activity opportunities.
- Many of our elementary schools offer walking or running clubs and fitness boot camps as a part of their extracurricular activities.
- All secondary schools provide a full array of sports teams for extracurricular activities.

## In The Coming Year

- In the 2019-20 we will open Marnel C. Moorman School and expand the CEP program to the 8<sup>th</sup> grade students.
- We would like to expand the Summer Feeding Program to reach more children during the time school is not in session.
- We would like to offer more fresh fruit choices during lunch.

This report will be presented at the January 23, 2020 board meeting. All public input will be welcome at the meeting.

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