



2019-2020

Clinton County School District
Nutritional and Physical Activity
Report Card



The National School Breakfast and Lunch Program

Preschool-12th Grade Students Receive Both Breakfast and Lunch at No Cost.

The Clinton County Nutrition Program is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE) and the Clinton County School District Board of Ed. Comprehensive federal and state regulations must be followed in order to receive funding to operate the program.

Daily Selections for School Meals:

- Whole grain rich breads, crackers, cereals, rolls.
- Low-fat/low- sodium meats, vegetables, dairy products.
- Variety of vegetables: dark green ,red/orange, legumes, starches, and other.
- Age-appropriated calorie ranges with portion controlled serving sizes.
- Water is available during both breakfast and lunch.

Did you know? A healthy balanced diet ensures proper growth and development and helps students focus better in school.

Did you know? Eating school breakfast and lunch is a great way for students to get 2/3 of their recommended daily nutrients.

Did you know? At breakfast students may select a **minimum of 3** but up to 4 food groups are offered.

At lunch students may select a **minimum of 3** but up to 5 food groups are offered. To complete their meal one of their choices **must** be a fruit or vegetable.

Did you know? Albany Elementary was awarded \$28,515.91 for the Fresh Fruits and Vegetables Program.

Did you know? 51% of grains served must be whole-grain rich.

Did you know? Students are offered a variety of milk during both breakfast and lunch (1% Chocolate, 1% Strawberry, 1% White, Skim White).

Physical Activity Highlights

When practicable, all students receive daily physical activity. All elementary school students receive at least 15 minutes a day of supervised physical activity. In addition, elementary school students participate in Physical Education class once every seven days. In class, they learn nutritional facts including the identification and importance of macronutrients, the calories in/calories out method, and heart health. They also participate in varied Cross-training type workouts and play a structured team game. Classroom teachers also incorporate short physical activity breaks into their classroom lessons when time allows. Preschool and Kindergarten students receive 60 minutes of supervised physical activity daily, as well as, Physical Education class daily for 2-3 weeks during a nine-week period. Students also participate in an annual "Lil Kentucky derby" in May. All 9th grade students get 18 weeks of physical activity consisting of 30 minutes daily. They also receive 18 weeks of Health class. 10-12 grade students that elect to take PE II get 36 weeks of physical activity consisting of 30 minutes daily. 5-7 grade classes participate in 55 minute physical education class for 9 weeks a year. They also participate in physical activity 25 minutes daily.

Afterschool At-Risk Supper Meals

The Clinton County School District Food Service Program continues to offer The Child Nutrition Program at Clinton County Middle School (Tuesday and Thursday) and Clinton County High School (Monday-Friday). School sites that have $\geq 50\%$ free and reduced population are eligible to apply and receive the At-Risk Afterschool Supper Meals. A supper meal consists of 5 menu components: protein/grain/vegetable, fruit/dairy. Menu must meet nutritional guidelines for the Child Nutrition Program.

Summer Meals Program

The USDA Summer Meals Program was established to ensure children continue to receive nutritious meals when school is not in session. The Summer Meals Program provides meals to kids 18 years and younger. The Clinton County School District is fortunate enough to have both dwelling sites and a mobile unit that serves meals to children during the summer months. Sites are revised and added each summer.

Smart Snacks in School

School sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. Every item that is sold (other than entrée's or side dishes from the school meals) in the cafeteria is submitted into the Smart Snack Calculator and determined an allowable snack.

Feeding Our Students

2019 August-October

Breakfasts Served	Lunches Served	Suppers Served	Summer Meals Served (May-July)	
49,267	62,649	13,953	Breakfast-5,142	Lunch-9,305

Wellness Assessment Findings

Nutrition Services: 1. Albany Elementary was awarded \$28,515.91 for Fresh Fruits and Vegetables Program. 2. All schools offer both breakfast and lunch programs that are fully accessible to all students. 3. School meals include a variety of foods and milk that meet both state and federal regulations.

School Health and Safety Policies and Environment: 1. Albany Elementary School students are provided with at least 20 minutes of recess during each school day. 2. All beverages sold to students during the school day meets or exceeds USDA nutrition standards for all beverages sold to students. 3. All competitive foods sold to students during the school day meets or exceeds the USDA's nutrition standards for all foods sold to students.

Physical Education and Other Physical Activity Programs: 1. School's physical education programs use three or more methods to promote student participation in a variety of community physical activity options. 2. Teachers keep students moderately to vigorously active for at least 50% of the time during most or all PE classes.

Wellness Assessment Recommendations

Nutrition Services: Continue to attempt to receive and obtain the Fresh Fruits and Vegetables Program for all schools in the district. 2. Continue to better the food service program and offer the foods kids find appealing. 3. Write and submit various grants for the Food Service Program. 4. Continue to host community-wide Annual Taste Testing with various vendors.

School Health and Safety Policies and Environment: 1. Continue to discourage schools from giving food as a reward. 2. Continue to encourage fundraising efforts during and outside school hours to sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards.

Physical Education and Other Physical Activity Programs: 1. Continue to encourage and promote opportunities for all students to participate in physical activity before and after school through organized physical activities. 2. Continue to encourage that students in each elementary grade receive physical education for at least 150 minutes per week throughout the school year.

Paulette Brinley

Clinton County Food Service Director

606-557-3227

This institution is an equal opportunity provider.

