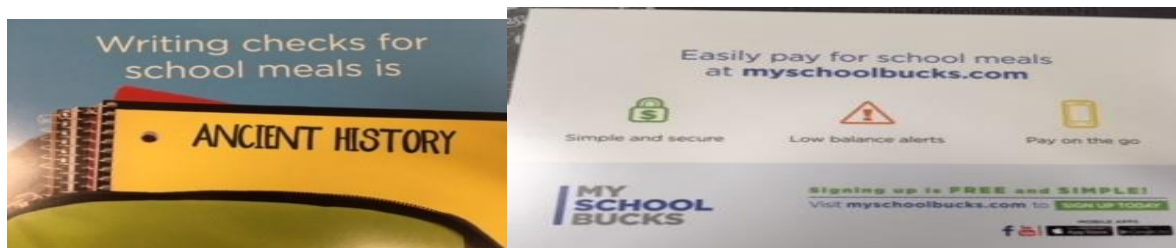




# **Carroll County Schools Nutrition & Physical Activity Report 2017-18 School Year**

Carroll County Schools are dedicated in serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency. Carroll County Schools participate in the National School Lunch and National School Breakfast programs. For school year 2017-18 the district met all required regulations in regards to nutritional standards and required physical activity.



Food Service continues to utilize “myschoolbucks”. This is an online payment and account information system that allows parents, students, and staff to make online payments as well as access to account information. These services are accessible via cellphone apps and also through the website. The app is available for all Apple and Android devices.



## School Breakfast

Milk – We offer only fat free (unflavored or flavored) or lowfat (unflavored) 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 a fruit. The total fruit/vegetables are limited to 50% juice.

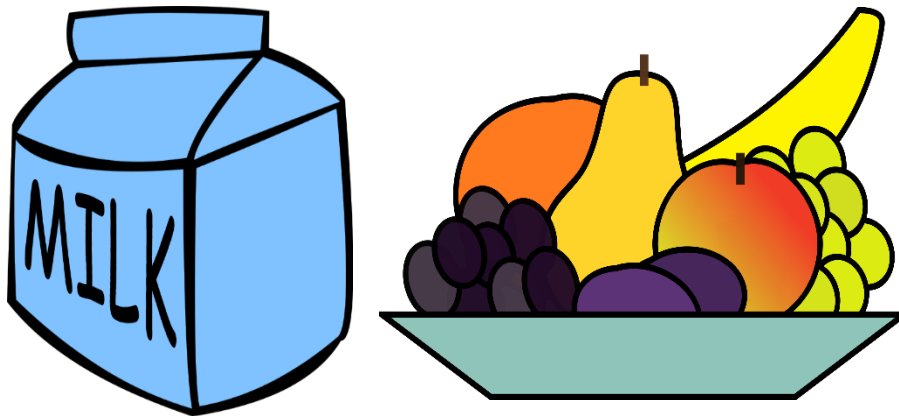
Grains – A minimum of at least 1 oz. equivalent of actual grains is offered to all age groups daily.

The 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)



## School Lunch

Carroll County Schools at lunchtime offers all 5 meal components and students may decline 2 of those. If the student declines more than 2 components then the items are charged Ala Carte. Students must select at least a ½ cup of fruit or vegetable for a 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 daily.

**Fruit** 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 fruits that are fresh, frozen, canned in light syrup or water, fruit juice, or dried fruit.

**Meat/Meat Alternates** A minimum of at least 1 oz. equivalent of actual meat/meat alternate are offered to all grade groups daily. The weekly must also be met as follows:

- K-5: 1 oz. equivalent daily minimum- 8 oz. equivalent weekly minimum
- 6-8: 1 oz. equivalent daily minimum – 9 oz. equivalent weekly minimum
- 9-12: 2 oz. equivalent daily minimum – 10 oz. equivalent weekly minimum

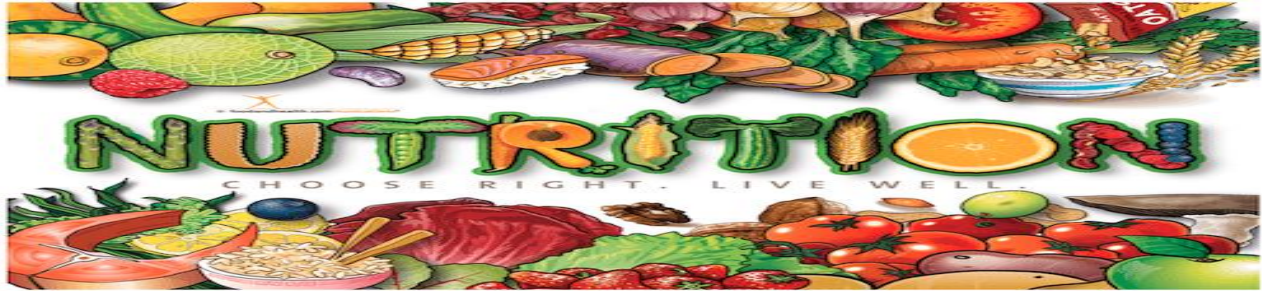
### **Grains**

- K-5: 1 oz. equivalent daily minimum – 8 oz. equivalent weekly minimum
- 6-8: 1 oz. equivalent daily minimum – 8 oz. equivalent weekly minimum
- 9-12: 2 oz. equivalent daily minimum – 10 oz. equivalent weekly minimum

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. 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 the week at lunch. The following are the vegetable subgroups that are required weekly with example foods for each subgroup:

- Red/Orange – Carrots, Tomatoes, Sweet Potatoes, Red Peppers, Pumpkin
- Dark Green – Romaine Lettuce, Spinach, Broccoli, Collard, Kale Greens
- Starchy – Peas, Lima Beans, Corn, White Potatoes
- Bean/Pea(Legumes) – Refried, Black, Northern, Pintos, Vegetarian, or Lentils
- Other – Onions, Celery, Cucumbers, Green Beans, Iceberg Lettuce, Cabbage



## Smart Snacks in School

### USDA's All Foods Sold in Schools Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Carroll County Schools offer Smart Snacks that are available for purchase at the time of meal service. Carroll County Food Service operations are administered through the United States Department of Agriculture, the Kentucky Department of Education and the Carroll County Board of Education. We receive federal funding for our program therefore, comprehensive regulations must be followed.

School Breakfast and Lunch offer daily:

- A variety of fruits that are fresh, frozen, and canned
- A broad selection of 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

In addition to school meals Smart Snacks can be sold 30 minutes after lunch but USDA Smart Snack Guidelines must be met.

Schools may sell:

- Plain water (without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free 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 sweeteners.
- Elementary schools may sell up to 8 ounce portions, while middle schools and high schools may sell up to 12 ounce portions of 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.

### **Nutrition Standards for Foods**

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

### **Foods must also meet several nutrient requirements:**

Calorie limits:

- Snack items:  $\leq 200$  calories
- Entrée items:  $\leq 350$  calories

Sodium limits:

- Snack items:  $\leq 200$  mg
- Entrée items:  $\leq 480$  mg

Fat limits:

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $\leq 10\%$  of calories
- Trans fat: zero grams

Sugar limit:

- $\leq 35\%$  of weight from total sugars in foods



### **Community Eligibility Provision**

The Community Eligibility Provision (CEP) is a provision from the Healthy, Hunger-Free Kids Act Of 2010 that allows schools and local educational agencies (LEAs) with high poverty rates to provide free breakfast and lunch to all students. CEP eliminates the burden of collecting household applications to determine eligibility for school meals, relying instead on information from other means-tested programs such as the Supplemental Nutrition Assistance Program and Temporary Assistance for Needy Families. Kentucky utilizes an alternative income form called the Household Income Form that is collected by FRAM coordinators.

Carroll County Schools is a full CEP (Community Eligibility Provision) District. The tables below provides a synopsis of the lunch and breakfast programs, including participation.

#### **Lunch**

# Schools Participating	4
Total Lunches Served	268,615
Average Daily Participation	1,571
# Students Approved for Free Meals	2,197
Lunch Prices	Adult: \$3.75 Elementary: CEP Middle/High: CEP

#### **Breakfast**

# Schools Participating	4
Total Breakfasts Served	160,335
Average Daily Participation	938
# Students Approved for Free Meals	2,197
Breakfast Prices	Adult Price: \$2.75 Elementary: CEP Middle/High: CEP

The total combined meals served for the 2017-2018 School Year is 428,950.



## **Carroll County Schools**

### **Kathryn Winn Primary**

**907 Hawkins Street  
Carrollton, KY 41008  
Monica Meadows-Cafeteria Manager  
502-732-5749**

### **Cartmell Elementary**

**1708 Highland Avenue  
Carrollton, KY 41008  
Paula Kemper-Cafeteria Manager  
502-732-5446**

### **Carroll County Middle School**

**408 5<sup>th</sup> Street  
Carrollton, KY 41008  
Rita Wallace – Cafeteria Manager  
502-732-5802**

### **Carroll County High School**

**1408 Highland Avenue  
Carrollton, KY 41008  
Ashlie Arvin – Cafeteria Manager  
502-732-0710**

### **School Nutrition District Office**

**1708 Highland Avenue  
Carrollton, KY 41008  
Lisa Gault - Director of School Nutrition  
502-732-9362  
Staci Turner – Assistant Director of School Nutrition  
502-732--9362**



## **Health Department Compliance:**

All food service areas are inspected twice a year by the local Health Department and all kitchens have inspections displayed.

Carroll County Schools Health and Wellness Policy can be found on the website at:

<http://www.carroll.kyschools.us>

### **USDA Nondiscrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. 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; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

USDA is an equal opportunity provider, employer, and lender.