

Health & Wellness

Nutrition & Physical Activity Wellness Report Card

Campbell County Schools

18-19 School Year



Campbell County Schools participates in the National School Lunch, National School Breakfast, Afterschool Supper and Summer Feeding programs. For school year 2018-19 the district met all required regulations in regards to nutrition standards and required physical activity minutes. Campbell County Schools strive to do “Whatever it Takes” to ensure our students’ success in college, career and life.

Food Service continues to utilize the Infinite Campus Parent Portal for online meal payments and account information for our parents, students and staff. Vanco is the online payment service used by Infinite Campus for online meal account payments.

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

School meals offer daily:

- Breakfast at all schools
- Lunch at all schools
- Supper at Cline, Crossroads & Campbell Ridge Elementary Schools
- Age-appropriate calorie limits/portion sizes
- sodium restrictions and zero trans fats

Calorie Limits for Smart Snacks

Snack Items: < 200 calories

Entrée Items < 350 calories

Sodium Limits

Snack items < 230 mg

Entrée items < 480 mg

Fat Limits

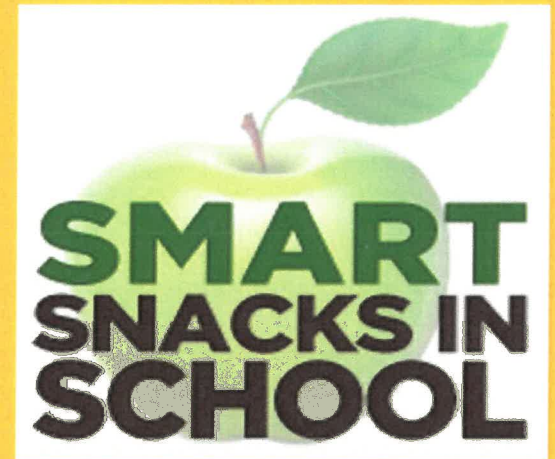
Total Fat: < 35% of calories

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

Flavored or Unflavored Milk

100% fruit or vegetable juice

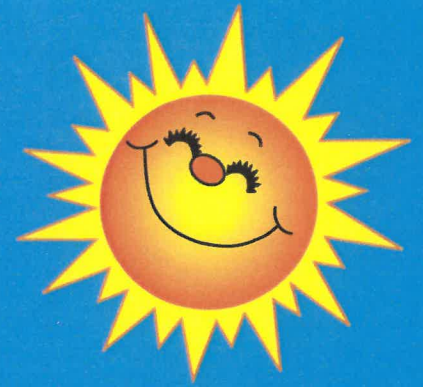
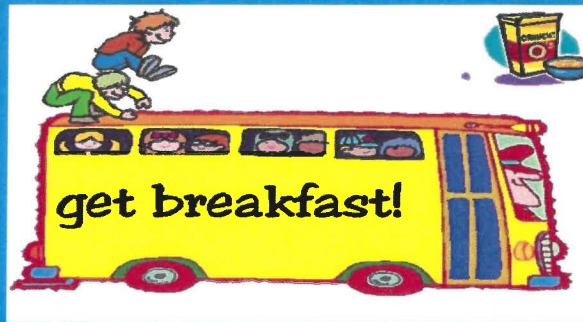
100% fruit or vegetable juice diluted with water & no added sweeteners.

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 are no portion size limits for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.





Breakfast Components - Choose 3 for a reimbursable meal

Milk

All age-grade groups are offered at least 1 cup of milk daily.
Flavored or Unflavored 1% milk

Fruits/Vegetables- 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 grains is offered to all grade groups daily.

The weekly Grain requirements are as follows:

- Grades K-5: 7 oz. equivalent minimum
- Grades 6-8: 8 oz. equivalent minimum
- Grades 9-12: 9 oz. equivalent minimum



SCHOOL LUNCH

WHAT'S COOKING?

At lunch, we offer 5 components and 2 components may be declined. Students should select at least a ½ cup fruit or vegetable for a reimbursable meal. Full component portions are offered at each meal.

MILK We offer low-fat flavored and unflavored milk. All age-grade groups are offered at least 1 cup of milk daily.

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 offer a variety of fresh, frozen, canned or dried fruits daily

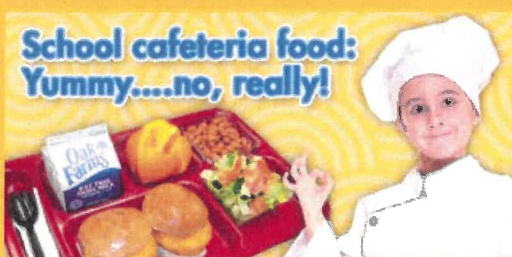
MEAT/PROTEIN A minimum of at least 1 oz. equivalent of Meat/Protein offered to grades K—5 daily and a 2 oz equivalent of Meat/Protein is offered to grades 6—12 daily. The weekly minimums must also be met as follows: • Grades K-5: 8 oz. equivalent weekly minimum • Grades 6-8: 9 oz. equivalent weekly minimum • Grades 9-12: 10 oz. equivalent weekly minimum

GRAINS K-5: 1 oz. equivalent daily minimum; 8 oz. equivalent weekly minimum requirement
6-8: 1 oz. equivalent daily minimum; 8 oz. equivalent weekly minimum requirement
9-12: 2 oz. equivalent daily minimum; 10 oz. equivalent weekly minimum requirement
Whole-Grain Rich Grains are served Daily

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 a week at lunch. The following are vegetable subgroups for the 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, refried beans, vegetarian or baked beans
- Starchy – corn, green peas, lima beans and potatoes



Summer Feeding



Mystery Chef



Fresh Fruits & Veggies



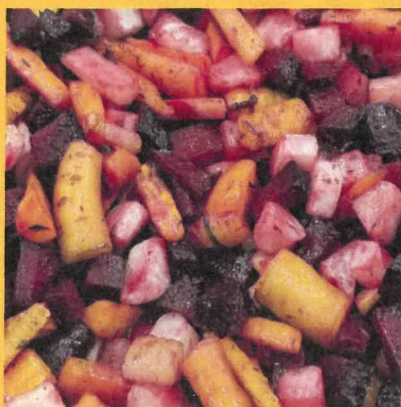
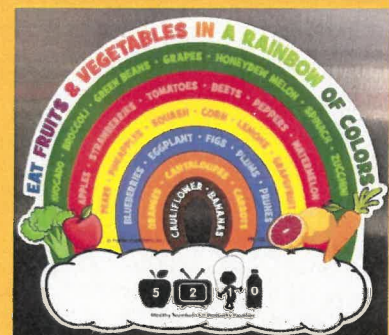
Farm to School Local Produce



Happy Students Eating Healthy Meals



**Proper Nutrition + Exercise & Activity =
Healthy, Engaged Learners!!**



Farm to School



**Locally Grown herbs, fruits & veggies
served at CCS Cafes'**

