

## About the School Nutrition Program...

The SNP administers the United States Department of Agriculture (USDA) School Breakfast Program (SBP) and National School Lunch Program (NSLP). School meals must meet minimum nutrition requirements. Meade County School meals meet or exceed the USDA nutrient requirements.



## USDA Lunch Meal Pattern Compliance

	Fruits	Vegetables	Grains	Protein	Milk
Daily Minimum	1/2-1 cup	3/4-1 cup	1-2 oz.	1-2 oz.	1 cup
Weekly Minimum	2.5-5 cups	3.75-5 cups	8-10 oz.	8-10 oz.	5 cups

## Average Participation Summary

Number of Participating Schools	8
Total Number of Reimbursable Meals - August 2022—November 2022	464,964
Total Number of Breakfast Meals— August 2022—November 2022	187,762
Total Number of Lunch Meals— August 2022—November 2022	277,202
Total Number of CACFP Afterschool Meals—August 2022—November 2022	4,630
Total Number of Summer Feeding Meals—June 2022	7,272

*This brochure is provided in compliance with KRS 158.856 and 702 KAR 6:090 as an overview of the nutritional and physical activity currently available in the school system.*

## Nutrition & Physical Activity Report

Meade County School District

January 2023

### Nutrition Education

Student menus are displayed each day using signage that features food items under their color-coded category. Foods are divided into five components:

- ◇ Fruits
- ◇ Vegetables
- ◇ Grains
- ◇ Protein
- ◇ Milk

This information is designed to help students make healthy choices. It also helps our students meet the requirements for a reimbursable meal and encourages them to select a variety of fruits and vegetables.

### Offering these Child Nutrition Programs:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Child & Adult Care Food Program (CACFP) – Afterschool meals at Flaherty Primary & Brandenburg Primary
- Summer Food Service Program (SFSP)

### Community Eligibility Provision (CEP)

Meade County School District offers this provision at all schools. The CEP option allows the school district to provide a breakfast and lunch meal to all enrolled students at no cost regardless of economic status.

## Wellness Policy

Federal Law (Public Law 108-265, Section 204) requires school districts to have a local wellness policy. State law (KRS 160.345) requires elementary schools to develop and implement a school wellness policy.

All schools in Meade County have a wellness policy in place. Each year, the wellness committee reviews the district's wellness policy and work efforts will continue toward evaluation and revision.

## Smart Snacks

Food and beverages sold as extra on the cafeteria line meet the Federal Smart Snack rule. Everyone can take the "Smart Snack" test using the Alliance for Healthier Generation Calculator. Type in your snack nutrition information and see if it qualifies as a "smart snack."

<https://foodplanner.healthiergeneration.org/calculator/>

## Employee Wellness

The district's school nurses work with local health departments to provide Wellness Checks each year. This service is part of the Stay-Well Program.

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## Physical Activity

Physical Education (P.E.) is offered at all schools. Teachers use age-appropriate physical education curriculum that is consistent with state standards. Elementary schools offer at least 45-60 minutes of physical activity a week. All schools offer extra physical activity during the school day as well as extra-curricular activities after the school day ends. To promote family and community awareness, some schools host Family Fun Night for students and their families.



## Inspections

All school kitchens are inspected by the local health department twice a year. Meade County Schools received excellent reports of 98% or higher on recent inspections.



MealViewer mobile app and online menus provide information for each school day. Visit [mealviewer.com](http://mealviewer.com) for school menus and nutrition facts.

