**2022-2023**

**School Nutrition Report Card For Perry County Schools**

**The Perry County School district and its food service employees are dedicated to providing nutritious and well – balanced meals to all students and faculty. We currently provide meals to approximately 4,000; Preschool – 12th grade students across the district.**

**The Perry County School District currently participates in the following federal food service programs:**

**Community Eligibility Program (CEP) – FREE Meals for ALL Children**

**National School Lunch Program**

**National School Breakfast Program**

**Child and Adult Care Food Program**

**Summer Feeding Program**

**Community Eligibility Program (CEP)**

**The Community Eligibility Program began at the start of the 2012-2013 school year. This program provides a free breakfast and lunch to all children in our district; regardless of parent/guardian income. The reimbursement rates are currently $2.67 for breakfast, $4.43 for lunch, and $1.00 cents for a snack. A la carte items can be purchased outside the reimbursable meal as well as adult meals. Adult meal prices are $2.75 for breakfast and $4.60 for lunch.**

**National School Lunch Program**

**The National School Lunch Program was established in 1946 as a “measure of national security to safeguard the health and well – being of the Nation’s children.” School districts receive federal reimbursement funds for each school lunch served that meets USDA guidelines. Our meals are planned on a three-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, grains/breads, fruit and/or vegetable, and fluid milk during every lunch meal service. The portion sizes and calorie ranges are designed to meet the needs of the children and increase as the child gets older. The menu cycle allows for variety and encompasses foods that the children really like. We offer a variety of flavored milk and free potable water. Our district menus are certified to reflect new changes and target nutritional goals as established by the USDA. Calorie ranges and requirements increase with the grade levels. Portion sizes for some menu items – in particular; at the high school may be more. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 50% of the grains served must be whole grain rich, a variety of fresh and canned fruits are offered along with 100% fruit juice, all vegetable subgroups are being met, and a variety of flavored 1% milk is being served.**

**National School Breakfast Program**

**The National School Breakfast Program was established in 1966. School districts receive federal reimbursement funds for each breakfast served that meets USDA guidelines. Previous studies have shown that children who participate in the School Breakfast Program have significantly higher test scores than non – participants. Our breakfast meals are also planned on a two week menu cycle. Calorie ranges and requirements increase with the grade levels. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 50% of the grains served are whole grain rich, a variety of fresh fruits and orange juice are offered, and a variety of flavored non-fat and 1% milk is being served.**

**October Qualifying Data**

|  |  |  |
| --- | --- | --- |
| October 2022  19 School Days | Reimbursable Meal-  Breakfast Participation by ADA | Reimbursable Meal-  Lunch Participation by ADA |
| Leatherwood ADA 94 | 58% | 89% |
| Viper ADA 217 | 54% | 88% |
| R.W. Combs ADA 330 | 65% | 92% |
| Buckhorn ADA 273 | 84% | 99% |
| Robinson ADA 247 | 71% | 94% |
| Perry Central ADA 761 | 42% | 72% |
| West Perry ADA 660 | 49% | 96% |
| East Perry ADA 565 | 40% | 96% |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast Meal Pattern** | | | **Lunch Meal Pattern** | | |
|  | ***Grades K-5*** | ***Grades 6-8*** | ***Grades 9-12*** | ***Grades K-5*** | ***Grades 6-8*** | ***Grades 9-12*** |
| **Meal Pattern** | **Amount of Food Per Week (Minimum Per Day)** | | | | | |
| Fruits (cups) | 5 (1) | 5 (1) | 5 (1) | 2½ (½) | 2½ (½) | 5 (1) |
| Vegetables (cups) | 0 | 0 | 0 | 3¾ (¾) | 3¾ (¾) | 5 (1) |
| Dark Green | 0 | 0 | 0 | ½ | ½ | ½ |
| Red/Orange | 0 | 0 | 0 | ¾ | ¾ | 1¼ |
| Beans/Peas (Legumes) | 0 | 0 | 0 | ½ | ½ | ½ |
| Starchy | 0 | 0 | 0 | ½ | ½ | ½ |
| Other | 0 | 0 | 0 | ½ | ½ | ¾ |
| Additional Veg to Reach Total | 0 | 0 | 0 | 1 | 1 | 1 ½ |
| Grains (oz eq) | Minimum  7 (1) | Minimum  8 (1) | Minimum  9 (1) | Minimum  8 (1) | Minimum  8 (1) | Minimum  10 (2) |
| Meats/Meat Alternates (oz eq) | 0 | 0 | 0 | Minimum  8 (1) | Minimum  9 (1) | Minimum  10 (2) |
| Fluid Milk (cups) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| **Other Specifications: Daily Amount Based on the Average for a 5-Day Week** | | | | | | |
| Min-max calories (kcal) | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) | ≤ 540 | ≤ 600 | ≤ 640 | ≤ 1,230 | ≤ 1,360 | ≤ 1,420 |
| *Trans fat* | Nutrition label or manufacturer specifications must indicate zero grams of *trans* fat per serving. | | | | | |

**Child and Adult Food Care Program**

**Afterschool programs that participate in CACFP give children and teenagers the nutrition they need, and draw them into constructive activities that are safe, fun, and filled with opportunities for learning. The table below provides a synopsis of our 2021-2022 of our child and adult care food program.**

|  |  |
| --- | --- |
| **# of Sites** | **8** |
| **# of Meals Served** | **255,283** |
| **Federal Reimbursement** | **$611,738.74** |

**Summer Feeding Program**

**The Summer Feeding Program was created to ensure that children in low – income areas could continue to receive nutritious meals during their summer vacations. All children 18 years or younger can receive these meals. We offer a combination of breakfast, lunch, supper, and snacks. These meals are served at schools, churches, and parks. The table below provides a synopsis of our 2022 summer feeding program for the summer of 2022.**

|  |  |
| --- | --- |
| **# of Sites** | **29** |
| **# of Meals Served** | **113,331** |
| **Federal Reimbursement** | **$424,637.59** |

**A la carte Items**

**A la carte items are priced and made available to students during breakfast and lunch. Any items that can be counted as a meal component of a reimbursable meal can be sold as a la carte under the federal breakfast and lunch program. This would include any extra item that is on our breakfast or lunch menu. We also sell water, 100% fruit/vegetable juices, and other items that are “Smart Snack” compliant.**

**For Improving the Nutrition & Physical Activity Environment**

* **Principals and staff are becoming more and more aware of items that can be sold during the school day and of the competitive food guidelines. Healthy drinks and snacks are being sold to the students as a result.**
* **Physical activity is being promoted in all our schools – whether it’s in the classroom, PE gym, or on the playgrounds during recess. Every school has a certified PE teacher.**
* **Our breakfast & lunch menus meet federal and state requirements and nutritional guidelines of the program. The meals are healthier with less fat, saturated fat, calories, sodium, sugar, and etc. Nonfat milks, whole grain foods, and more fresh fruits and vegetables are being offered daily.**
* **The district also participates in the Farm to School Program.**
* **The district is working toward incorporating more Kentucky Proud products into the schools to support local Kentucky farmers/etc.**
* **The district Wellness Policy is updated annually by the district Wellness committee as well. General recommendations are made to help improve the wellness environment in the district.**
* **Perry County schools food service departments works closely with Perry Promise, to help delivery healthy snacks and nutrition information.**

**If you have any questions/concerns regarding this report; please contact the following:**

**Thomas Neace**

**Child Nutrition Director**

**315 Park Ave**

**Hazard, KY. 41701**

**(606) 436-8902**

**Thomas.Neace@Perry.kyschools.us**

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