



## 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/>

## USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete the [USDA Program Discrimination Complaint Online Form](#) (AD-3027) found online at [How to file a Complaint](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 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: (833) 256-1665 or (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**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 Schools  
December 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.



### 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



My School Menus offer a great online menu for meals served each day. Visit [myschoolmenus.com](https://myschoolmenus.com) for menus and nutrition facts.

We use My School Bucks so that staff and students can keep funds for healthy meals and snacks.

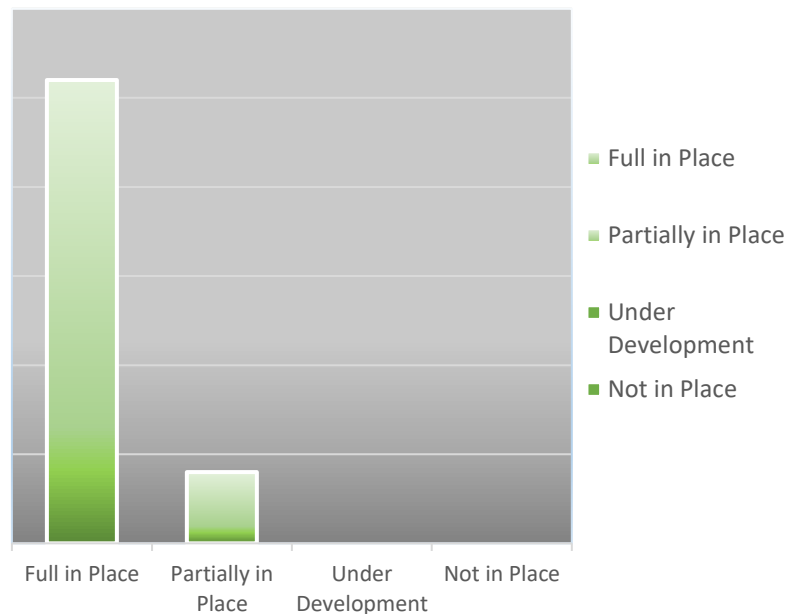


### Inspections

All school kitchens are inspected by the local health department twice a year. Meade County Schools received excellent reports of 100% on recent inspections



## Healthy Schools Assessment Report for Meade County School District



All written school health and safety policies are located on our district page, [meade.kyschools.us/foodservices](https://meade.kyschools.us/foodservices).

We have no under development or not in place responses on our yearly assessment.

The goals following this assessment are;

- Increase student and family involvement in our school meal programs and services offered on our campuses.

**Our action plan is in place for the school year!**