

Menifee County Schools

Wellness Policy

Overview:

The Menifee County School District is committed to providing and maintaining a school environment that facilitates and enhances the individual wellness practices of its students. With this in mind; we strive to accomplish and maintain the following goals:

- **Participation in all state and federal child nutrition programs by our district will be done so by complete cooperation and compliance from our staff and complete adherence to all rules and regulations set forth by those programs. Menifee County Schools currently participates in the School Breakfast Program, National School Lunch Program, and the Summer Feeding Program.**
- **All federal child nutrition programs provided in our district will be available to all children.**
- **All foods and beverages sold or served on school grounds during the school day (ie. vending, a la carte, school stores) are consistent with the current U.S. Dietary Guidelines for Americans and will meet the smart snack guidelines under the Healthy Hungry Free Kids Act of 2010.**
- **The school environment is safe, comfortable, and allows ample time and space for meal consumption.**
- **Cafeterias should include enough serving lines to adequately service the students in a time – friendly manner.**
- **Dining areas should be safe, clean, and appealing; while allowing enough seating for all students.**
- **The National Association of State Boards of Education recommends that all students be allowed at least 10 minutes for breakfast and at least 20 minutes for lunch; from the time at which the student is seated.**
- **All food/beverages available on campus shall adhere to all state and local food safety and sanitation regulations.**
- **All foodservice operations and facilities will be inspected by local health department officials periodically to assess safety and sanitation**

- **Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be in place to prevent food borne illness in schools.**
- **Access to all food service facilities are limited to food service staff and authorized personnel.**
- **Food/beverage and/or physical activities are not to be used as a basis for reward and/or punishment.**
- **Nutrition education is provided and made available to all students in the classroom.**
- **Physical activity is provided and made available to all students.**
- **One or more people must be designated to oversee the implementation and evaluation of all wellness policy recommendations.**
- **The foodservice program intends to be financially self – supporting. However; budget strains or the need to generate profits will not surpass the nutritional needs and food preferences of the students.**
- **All schools will aim to increase student participation in all Child Nutrition programs in which they participate; such as the National School Breakfast & Lunch Programs and the Summer Feeding Program.**
- **The school district shall employ a qualified and credentialed professional; preferably a Registered Dietitian (R.D.) as the food service director. They shall attempt to administer and direct the school food service program in a successful manner.**

Policy Implementation:

A district Wellness Policy Committee will develop, implement, monitor, and review any school nutrition and physical activity policies. The council will consist of various individuals and may include but are not limited to the school food authority, students, school administrators, teachers, health professionals, and other representatives from other areas.

Core Areas of Policy:

Nutrition Education

School Meals

- **Menifee County Schools participate in the Community Eligibility Option Program. This program provides breakfast and lunch to all children free of charge.**
- **Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations, offer a variety of fruits and vegetables, serve only nonfat flavored milk or 1% unflavored milk, and ensure that all grains served are whole grain.**
- **District school food authorities will notify parents of the availability of the School Breakfast and National School Lunch Programs prior to the beginning of every school year.**
- **The Summer Feeding Program is offered after the end of the school year for several weeks over the summer break; providing meals to students free of charge as well. The program has several feeding sites throughout the district; including schools, parks, and churches. District school food authorities will notify parents of the availability of the meals before the program begins.**
- **All school food service staff will be trained and certified to administer meal programs. All staff will be trained on Level 1 Certification and will receive annual training and updates in the summer.**
- **Potable water will be made available to all students during meal service free of charge via a drinking fountain or cups with water.**
- **A food or beverage item offered for sale as an a la carte item on the cafeteria line during the serving of breakfast or lunch shall meet the following standards:**
 - **A beverage shall meet the standards established in 702 KAR 6:090.**
 - **A food item shall meet the standards established in 702 KAR 6:090, except schools may offer for a la carte sale any item that is creditable under the School Breakfast or National School Lunch Program meal patterns as set forth in 7 C.F.R. 220.8 and 210.10, respectively.**

A la carte Sales Outside of the Reimbursable Meal

- **Elementary Schools: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the nutrition and portion size standards detailed in 702 KAR 6:090.**
- **Middle and High Schools: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la**

carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards detailed in 702 KAR 6:090.

- **Beverages:**
 - During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a beverage offered for sale through a vending machine, school store, or fundraiser on school property shall be:
 1. Nonfat flavored or unflavored fluid milk
 2. Plain or flavored, non-caloric, non-carbonated water,
 3. 100% fruit or vegetable juice or any combination of both totaling 100%; or
 4. Any other beverage that contains no more than ten (10) grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%; and
 5. With the exception of plain or flavored non-caloric and non-carbonated water - beverage cannot exceed a volume size of seventeen (17) ounces.
 6. The volume size of a beverage to middle and high school students shall not exceed twenty (20) ounces.
- **Foods:**
 - During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a food item offered for sale through a vending machine, school store, or fundraiser on school property shall meet the following standards:
 - Zero trans-fat.
 - Calories from fat shall not exceed thirty (30) percent, excluding reduce fat (two percent milk-fat or less), cheese, nuts, seeds, and nut butters.
 - Calories from saturated fat shall not exceed ten (10) percent.
 - Calories from sugar shall not exceed thirty-two (32) percent by weight.
 - Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 230 milligrams of sodium per serving.
 - Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
 - Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;
 - The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;
 - The portion or pack size for cookies shall not exceed one (1) ounce;
 - The portion or pack size for cereal bars, granola bars, pastries, bagels, or other bakery-type items shall not exceed two (2) ounces;

- The portion or pack size for non-frozen yogurt shall not exceed eight (8) ounces, and
- The portion or pack size for frozen dessert items, including low-fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed four (4) ounces.

School Parties & Celebrations

- All Food & beverage items must meet the nutritional guidelines and be purchased through the schools kitchens for celebratory parties (ex. Holidays or special occasions). No “homemade” items will be served in the district per school and/or district policy.
- School purchases of “special foods” for class or school celebrations such as pizza, cupcakes, candies, and other items that don’t meet the nutritional guidelines may be allowed upon the discretion of the principal. This should be monitored and should not exceed more than once a month.

Fundraisers

- Foods and beverages sold as fundraisers during the school day will be limited to items that meet the nutritional standards discussed above. Fundraisers that don’t meet nutrition standards will need to be conducted after the designated school day.
- Non-food related fundraisers will be encouraged.
- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in Kentucky Administration Regulation.

Nutrition Education:

- Nutrition education and activities will be integrated into the district curriculum in various areas.
- The school cafeteria will be used as an educational tool. All students will be encouraged to begin each day with a healthy and well – balanced breakfast and an equally nutritious and well – balanced meal at lunch.

Physical Activity:

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education.

- **Physical education will be integrated into the district curriculum with a minimum of 15 minutes per day of moderate to vigorous physical activity.**
- **Physical activity can and may be incorporated into classroom instruction. Recess time may also be counted toward the daily physical education requirement; along with time spent in physical education class.**
- **The programs Go-noodle and Healthy Generations will be utilized as teacher resources to incorporate more physical activity into the school day for all students.**
- **Recess shall not be withheld as a punishment.**
- **Physical education courses must be integrated into the curriculum and provide an environment where students learn, practice, and are routinely evaluated on appropriate knowledge, movement, and physical skills.**
- **State – certified physical education instructors should teach all physical education classes with an adequate student/teacher ratio.**
- **Physical education shall include the instruction of individual activities in addition to competitive and non – competitive team sports.**
- **A safe environment with adequately equipped facilities shall be made available for all students to participate in physical activities.**
- **Afterschool physical education opportunities are offered to the students free of charge and to the staff and community for a fee. Schedules of activities have been scheduled including walking and exercise classes such as Zumba.**

Monitoring

- **The superintendent or designee will ensure compliance with the district wellness policy; receiving input from the Wellness Policy Committee. The school principals will be responsible for ensuring that their individual school is compliant as well and will report compliance to the superintendent. The district and school specific nutrition staff will ensure compliance with nutrition policies.**
- **The district food service director or shall complete an annual assessment of the district nutrition program and issue a report at least 60 days prior**

to the public forum. The director may issue the report via posting to the district web site.

- **The local district superintendent along with the physical education teachers, and local principals shall evaluate the student physical activity environment by completing various physical assessment tools. This includes the amount of time and types of physical activity provided in the elementary schools and release this report at least 60 days prior to the public forum.
The report may be issued via posting to the district web site.**
- **The local district superintendent or designee shall submit a summary of the findings and recommendations of the nutrition report to the Kentucky Department of Education by May 1st of each year.**