

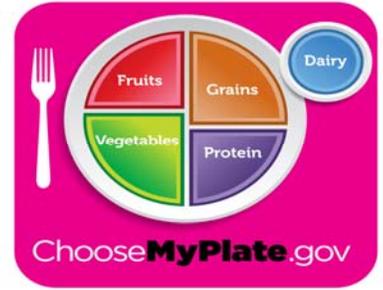
Menifee County School District

Menifee County School District Wellness Report Card 2016-2017

Botts Elementary School
Menifee Elementary School
Menifee High School



National School Lunch and Breakfast Programs



Alliance for a Healthier Generation

- * Menifee County Schools has completed its District and site surveys.
- * Menifee County Schools are actively participating within the program to meet the needs of the student population.

Summer Feeding Note:

The 2015-2016 Summer Feeding Program was a great success and will be implemented again for 2016-2017.

Look to see another great summer.

The National School Lunch Program (NSLP) 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 for each school lunch served that meets the United States Department of Agriculture (USDA) nutrition guidelines.

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast score higher on tests, miss fewer days, have improved attentions spans, behave better, and are more creative. All schools offer hot and cold nutritious choices

for breakfast that meet USDA nutrition guidelines.

Our lunch and breakfast meals are planned on a 3-week cycle menu and offer multiple choices each day.

Federal regulations require that we offer age-appropriate portions of entrees, fruits, vegetables, and milk for lunch. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, calcium, iron and vitamins. We offer whole grains, fresh fruit, and vegetables daily.

At Menifee County Schools all children eat free Break-

fast and Lunch.

Foodservice operations have introduced new products to each school, promoting healthier alternatives to the norm.

Fresh Fruit and Vegetable Grant



The Menifee County School District is pleased to announce, again that Botts Elementary School and Menifee Elementary School have been selected to receive additional funding through the Fresh Fruit and Vegetable Grant for 2016-2017.

Funding for the Fresh Fruit and Vegetable Program has been made available for the 2016-2017 school year through Section 19 of the Richard B. Russell National School Lunch Act. The purpose of the program is to increase elementary school children’s consumption of fresh fruits and vegetables, to expose elementary school students to new fruits and vegetables, to improve healthy eating habits and, to help elementary schools create healthier school food environments.

Healthy Hunger-Free Kids Act 2010

The Menifee County Schools Child Nutrition Program is accredited in meeting the Healthy Hunger-Free Kids Act (HHFKA) 2010 provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must take a minimum of a fruit or vegetable at breakfast and at lunch to complete their meal.

School meals offer daily:

- Variety of Fruits
- Variety of vegetables including dark green, red/orange & legumes.
- Only whole-grain rich items.
- Low fat/low sodium meat/meat alternates.
- Fat-free/1% milk
- Age-appropriate calorie limits/portion sizes.
- Sodium restrictions.



Botts and Menifee Elementary PE Update.

The Carol M White Physical Education Grant (PEP Grant), both Botts Elementary and Menifee Elementary schools received \$30,000 in new updated PE equipment to enhance their program.

The new equipment has replaced old/outdated items used in the teaching of physical activity both in and out of the classroom.

New items have been implemented throughout Botts Elementary and Menifee Elementary.

At Menifee County Schools students are taught the importance of daily

Carol M White Physical Education Grant is in its final year.

exercise or physical activity as a necessity to promote wellness in their lifestyles.

Remaining funds will be spent 2017 to ensure the needs of the student population.

MyPlate Nutrition Offered at all Levels.

As of the PEP grant provision, through the Food Service Director, Nutrition Education has been offered in all levels within the district teaching the 5 basic groups associated with **MyPlate**.

Students have enjoyed multiple sessions in a driving force of what is essential to eating at each meal.

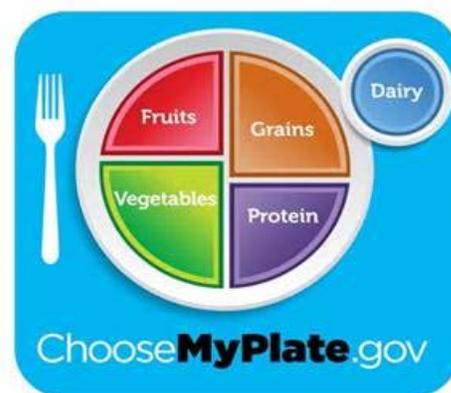
Many classes have been given an open forum to engage everyday topics asso-

ciating them with daily life choices.

Classes will expand to include all schools and will be offered at many levels to ensure that the needs of the over-all student population is met as well as the provisions within the PEP grant.

Classes were taught in 2015-2016

Classes will resume in March 2017.



HOPSports—PEP Grant

To promote active, healthy, sustainable lifestyles and behaviors in the home, school and workplace.

Objectives:

1. Introduce essential skills for a broad array of physical activity, encouraging healthy and sustainable lifestyles.
2. To make exercise fun through the use of our unique digital platform that incorporates physical activity, educational information and the positive social messaging of popular sport governing bodies, athletes and celebrities.

3. Align with major advocacy groups, corporations, foundations and institutions that share the common goal of improving the health of America's youth and communities.

4. Provide a platform for users to combine entertainment, education and fitness, achieving "my health, my fitness, on my time."

Menifee County School District continues to utilize HOPSports during school to great success.

Menifee County



Schools continues to use HOP SPORTS within the Physical Education Classes.

Salad Bar continues to be a success.

In late March 2016, Menifee County High School opened a reimbursable salad bar to the student population. Students were excited and pleased with the daily items that are offered to them.

At MCHS the salad bar continues to be a success

The salad bar will be undergoing a change in the winter months. (2017)

It will incorporate, a potato bar and fresh soups to accommodate the needs of the student population, on different days.

Overall the salad bar continues to be a great success

The need at other locations is currently being evaluated to see if students would be interested in a salad bar.



At MCHS the Salad Bar continues to be a success.

Community Outreaches—PEP Grant

Community Outreach to the Local Community is an on-going achievement.

- Open Houses.
- Community Health/Baby Shower.
- Take & Bake.
- National Crunch Day
- National School Lunch and Breakfast Week

Outreaches to the community have

provided healthy eating tips as well as nutritional recipes to many events, based on community awareness aspects.

Food service staff are looking forward in outreaching more in the future events either here at the Menifee County School District and the Community that we serve.



Menifee County School District

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**Any questions or concerns, please
contact the Foodservice Director**

Menifee County Schools Foodservice Department is actively participating in Team Up for School Nutrition.

This program is Federally funded through the State and allows training on technics to allow School Nutrition employees the opportunity to share best practices to support the various Federally funded School Nutrition Program.

Team Up drives student participation through the various programs offered.



Future Possibilities

At Menifee County Schools, Foodservice is pleased to announce that we are going even healthier with our purchases.



We will continue to serve in the best interests of the children's nutritional needs.

We will monitor and limit the following:

Thank you.

- Sodium.
- High fructose corn syrup.
- Genetically altered foods. (GMO).
- Foods only grown/produced in the USA.

Menifee County
Schools Foodservice
Department

