

Williamstown Independent Schools

Wellness Report Card

Nutrition and Physical Activity

Fall 2018



National School Breakfast & Lunch Program

Williamstown Independent School Child Nutrition Program is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE) and the Williamstown Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

Daily Selections for School Meals:

- Only whole grain rich bread, crackers, pasta and breadings on entrees
- Low fat/ low sodium chicken, beef, pork, cheese, vegetarian and other entrees
- Vegetable varieties include: dark green, red orange & legumes
- Variety of local fresh and canned fruits
- Fat free & 1% milk options
- Limited sodium & fats in meals, zero trans fat
- Age appropriate calorie ranges with portion controlled serving size
- Water is available for all meals



Did you know? It is important for students to get a healthy, balanced diet for proper growth and development but also to focus better in school.

Did you know? Eating breakfast and lunch at school is a great way for your student to get two-thirds of his or her recommended daily nutrients.

Did you know? Students who eat school meals tend to get more milk/dairy, meats, grains, vegetables and fruits in their diets.

Did you know? At lunch students may select a minimum of 3 but up to 5 food groups that are offered. To complete a meal, one of their choices must be a fruit or a vegetable.

Did you know? The healthy eating experiences & nutrition education in school will stay with students through adulthood.

Williamstown Independent School is part of the Community Eligibility Option which feeds all our students a free breakfast and a free lunch. Employees of Williamstown Independent School and visitors are required to purchase their meals.

Our lunch meals are planned on a four week cycle menu and are planned to provide one third of the recommended dietary allowances for school age children. Federal regulations require that we offer minimum portion size of meat/meat alternate, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. Menus are planned to include a variety of choices and with new government guidelines food specifications and preparation has taken place to lower sodium, fat and calories in all school meals.

Here at Williamstown, we operate on the offer vs. serve method. This means that the students gets to choose what he or she eats. Out of the five required menu items offered, students are only required to take three of those, with one of the items being a fruit or a vegetable. The menu provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% and fat free milk, as well as 100% fruit juice.

Nourishing Students One Meal at a Time



2017-2018 School Year

Breakfasts Served	52,094
Lunches Served	106,255
Suppers Served	<u>32,416</u>
Total Meals Served	190,765

Smart Snacks in School.... are you following the guidelines?

As of July 1, 2014, School Sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to students, while limiting junk food. All of our vending machines are on a preset timer to come on at the end of our school day.

Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students.



First window is from midnight the night before, until 30 minutes after the last lunch period. While this window is open, no sale of food or beverages may take place except as part of the school breakfast or school lunch program.



Second window opens 30 minutes after the last lunch period ends and closes 30 minutes after the end of the official school day. While this window is open, any food that is sold must meet all nutrition standards in the USDA regulations.



Third window opens 30 minutes after the end of the official school day and closes at midnight. During this window, there is no nutrient standards restricting what may be sold. This also includes weekends and when school is not in session.

Afterschool At-Risk Supper Meals

The Child Nutrition Program continues to implement the federal USDA Child and Adult Care Food Program (CACFP) Afterschool At-Risk Supper Meals for our whole school. Schools that have >50% free and reduced population are eligible to apply and receive the At-Risk Afterschool Supper Meals. The program allows an after school care program with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for supper being served to school age children. Supper is free to all students.

Child and Adult Care Food Program - Updated Meal Pattern

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and our stakeholders input.



More Protein Options

- Meat & meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- * Tofu now counts as a meat alternate



More Whole Grain Options

- At least one serving of grains per day must be whole grain-rich
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents are used to determine the amount of creditable grains (starting 10/1/2019)



Greater Variety of Fruit and Vegetables

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is now limited to once per day



Milk Options

- Unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing any foods on-site.

For more information visit:

www.fns.usda.gov/cacfp/child-and-adult-care-food-program

