



2021-2022

**Clinton County School District
Nutritional and Physical Activity
Report Card**

The National School Breakfast and Lunch Program

**Preschool-12th Grade Students Receive Both Breakfast and Lunch at No Cost through the
Community Eligible Provision (CEP)**

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

Daily Selections for School Meals Include:

- Whole grain rich breads, crackers, cereals, and rolls
- Low-fat/low- sodium meats, vegetables, and dairy products
- Variety of vegetables: dark green ,red/orange, legumes, starches, and other
- Variety of fresh fruits, lite canned fruits, and frozen fruit.

Meals follow both the state/federal guidelines for age-appropriated calorie ranges with portion controlled serving sizes. Water is available during both breakfast and lunch.

Did you know this school year:

- Albany Elementary School received over \$27,000 for the Fresh Fruits and Vegetable Program (FFVP). FFVP provides a healthy fruit or vegetable twice per week for students during snack time. This allows students to experience a variety of vegetables and fruits.
- Students are receiving meals through the Seamless Summer Option in which they receive ALL meal components for both breakfast and lunch (no choice of just 3...they receive ALL).
- Breakfast this school year consists of 3-4 components, a grain(s), fruit(s) or juice, protein, and/or milk.
- Lunch this school year consists of at least 5 components, grains, fruit or juice, vegetables, protein, and or milk.

Physical Activity Highlights

- When practicable, **all** students receive daily physical education. All elementary school students receive at least 20 minutes a day of supervised physical activity. Schools' physical education curriculum is aligned with the national and/or state physical education standards.
- Classroom teachers incorporate short physical activity breaks into their classroom lessons when time allows.

Afterschool At-Risk Supper Meals and Snack

- The Clinton County School District Food Service Program continues to offer supper meals at Clinton County High School (Monday-Thursday) and the Clinton County Middle School (Tuesday & Thursday). A supper meal consists of 5 menu components: protein/grain/vegetable, fruit/dairy. Menu must meet nutritional guidelines for the Child Nutrition Program. Albany Elementary offers after school snack for their students staying after school on Tuesday and Thursday.

- **Summer Meals Program**

The USDA Summer Meals Program was established to ensure children continue to receive nutritious meals when school is not in session. The Summer Meals Program provides meals to kids 18 years and younger. The Clinton County School District is fortunate enough to have both dwelling sites and a mobile unit that serves meals to children during the summer months.

- **Smart Snacks in School**

School sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. Every item that is sold (other than entrée's or side dishes from the school meals) in the cafeteria is submitted into the Smart Snack Calculator and determined an allowable snack.

- **Feeding Our Students**

We have offered meals in a variety of ways during the 2021-2022 school year. We have served students in classrooms, in the cafeteria, and provided multiple days of meals for virtual students to pick up. We have strived to provide both a nutritional breakfast and lunch for our students in the various circumstances that the school year has produced.

- **Wellness Assessment Findings**

The district continues to communicate school health services to the community and parents. The district utilizes strategies to maximize school meal program participation. All students have equitable access to school meal programs. Health and physical education requirements are enforced. The district participates with community partnerships to support physical activity.

- **Wellness Assessment Recommendations**

To improve district collaboration for student nutrition education. To continue improvement process to advance health education. To partner with community organizations to support district tobacco-free policy.

Paulette Brinley

Clinton County Food Service Director

1-606-557-3227

This institution is an equal opportunity provider.