

# CLAY COUNTY PUBLIC SCHOOLS

## Nutrition & Physical Activity Report Card

2015-2016

Clay County Public Schools operate a three week cycle menu. Federal regulations require minimum portion sizes of meat/meat alternate, fruit, vegetable, grains and milk during each meal service and limit the amount of calories and sodium. The portion sizes and calorie/sodium limits are designed to meet the needs of growing children. School menus are in compliance with the meal requirements for the National School Lunch Program under the Healthy, Hunger-Free Kids Act of 2010.

### National School Lunch Program

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.” Clay County Public Schools operates under the Community Eligibility Provision (CEP). The CEP program provides free breakfast and lunch to all students. Federal reimbursement is received for each lunch/ breakfast served that meets the USDA’s nutrition guidelines. A student must select 3 food components including 1/2 cup fruit or vegetable for a reimbursable meal. Clay County served 435,624 reimbursable lunches with an average daily participation of 2,640 students and received \$1,372,215.60 in federal reimbursements.

### Weekly Nutritional Requirements (Lunch)

	Grades K-5		Grades 6-8		Grades 9-12	
	Required	Actual	Required	Actual	Required	Actual
Fruit	2.5 cups	5 cups	2.5 cups	5 cups	5 cups	5 cups
Vegetables	3.75 cups	5 cups	3.75 cups	5 cups	5 cups	5.5 cups
Grains	8 oz.	9-10.5 oz.	8 oz.	9-12 oz.	10 oz.	10.5-12.75 oz.
Meat/Meat Alternate	8 oz.	9.75 - 11.5oz.	9 oz.	9.25 - 12oz.	10 oz.	10 - 13.25oz.
Milk	5 cups	5 cups	5 cups	5 cups	5 cups	5 cups
Calories	600-650	635	600-700	664	750-850	755
Saturated Fat	<10%	8.44%	<10%	8.83%	<10%	9.51%
Sodium	≤1230	1134	≤1360	1210	≤1420	1269

### Weekly Nutritional Requirements (Breakfast)

	Grades K-5		Grades 6-8		Grades 9-12	
	Required	Actual	Required	Actual	Required	Actual
Fruit	5 cups	5 cups	5 cups	5 cups	5 cups	5 cups
Grains	7 oz.	14.25 oz.	8 oz.	16.25 oz.	9 oz.	16.25 oz.
Milk	5 cups	5 cups	5 cups	5 cups	5 cups	5 cups
Calories	400-500	413	400-550	435	450-600	465
Saturated Fat	<10%	9.39%	<10%	9.35%	<10%	8.21%
Sodium	≤540	532	≤600	594	≤640	634

### National School Breakfast Program

The School Breakfast Program was established in 1966. Studies show that children who eat breakfast perform significantly higher in academics. Clay County served 226,958 reimbursable breakfasts with an average daily participation of 1,375 students and received \$451,646.42 in federal reimbursements.

### After School Snack Program

The Save the Children Program offers after school enrichment programs at six elementary schools. An after school snack is provided for students staying after school. During the 2015/2016 school year, Clay County served 33,442 after school snacks and received \$28,091.28 in federal reimbursements.

*A nutrient analysis of all food items, recipes, and ingredients sold through the school breakfast/lunch program can be found on file in the director’s office and in the kitchen manager’s office at each school.*

# SMART SNACKS IN SCHOOLS—USDA’s “All Foods Sold in Schools” Standards

All schools must comply with the Smart Snacks nutrition standards. These standards apply to all competitive foods and beverages sold in schools that are not part of the National School Lunch Program. This includes all foods and drinks that are sold in vending machines, cafeteria a la carte lines, and school stores. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, require schools to offer healthier snack foods to children, while limiting junk food. These standards set limits on calories, salt, sugar, and fat in foods and beverages sold to students during the school day. The standards promote snack foods that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients.

## Wellness

### Student Wellness & Physical Activity

The seven elementary schools (Preschool–6<sup>th</sup>) in the district provide Physical Education classes by a certified physical education teacher to all students. When weather permits, elementary schools also provide a minimum of 15 minutes of active recess each day. High school and middle school students receive one semester of physical education and one semester of health education. Students are encouraged to stay physically active and make healthy choices.

Clay County Public Schools partners with Grace Community Health Center, Inc. to provide school based health services for students and staff. Providing health care services onsite has helped to improve school attendance in the district.

## Wellness Goals for School Year 2015/2016

- District Coordinated School Health Committee to meet semi-annually to review and update wellness policies
- School Wellness Committees to meet annually to review and update local policies
- Provide guidance to schools to strengthen the Local Wellness Policy
- Expansion of health clinics to include a nurse at each school

### Wellness Progress

With the help of the District Wellness Coordinator all schools have updated and strengthened their Local Wellness Policies and have developed a school wellness committee to meet annually to review/update the local wellness policy. Every school in the district completed the Healthy Schools Program Assessment. Onsite health clinics were expanded to include a nurse at every school.

## USDA Nondiscrimination Statement

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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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