



# Montgomery County Schools

## Nutrition and Physical Activity Report

### 2023-2024

*The School Nutrition Department administers the USDA School Breakfast Program (SBP), the National School Lunch Program (NSLP), the Summer Feeding Program (SFSP), and the Child and Adult Care Food Program (CACFP). Meals served within these programs must meet minimum nutrition standards set forth by USDA. The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make offerings more nutritious. Montgomery County Schools Nutrition Program serves meals that meet federal nutrition standards, ensuring that meals are healthy and well-balanced, providing students with all the nutrition they need to succeed at school. School meals offer milk, fruits, vegetables, proteins, and grains while also meeting the limits for saturated fat, calories, and sodium. The nutrition program also serves meals that meet age appropriate calorie limits, exceed whole grain expectations, and utilizes fresh fruits and vegetables.*

### NUTRITION VISION STATEMENT

# of Participating Schools	6
Total Student Breakfasts 2022-2023 (NSBP)	300,133
Total Student Lunches 2022-2023 (NSLP)	533,546
Total Afterschool Meals 2022-2023 (CACFP)	80,185
Total Summer Meals Summer 2023 (SFSP)	153,189

Montgomery County’s School Nutrition Team envisions serving meals that children can’t wait to eat. Our goal is to make meal time the class each child looks forward to. Each time students pass through the serving line, parents will be assured that their children are well-nourished and ready to learn.

Serving food to school children is a shared vision that amplifies our staff’s commitment to serving healthy meals that taste good and are locally sourced. This vision is as much about creating a school system that perceives that children are better students, better citizens, and better people when fed through a program that dignifies the cafeteria as an interactive classroom. Indeed, the cafeteria is a classroom and helping students form healthy eating habits today will help children to eat well as adults.

Students will be a part of the menu planning process by participating in food tastings, rating their favorite menu items, and helping plan menus that appeal to their tastes as well as their healthy development. Teaching healthy nutrition habits is a collaborative process. Engaging students, faculty, staff, and the community to improve eating habits that will

sustain present and future generations through innovation that invites continuous improvement of the school feeding programs.

## **Alliance for Healthier Generation**

The school district has implemented the Healthy Schools Program, which recognizes schools that create healthier school environments that promote physical activity and healthy eating among students and staff. The program was implemented in the 2015-16 school year to meet state program review requirements.

All schools are invited to complete questions on the assessment to provide a snapshot of their school in the district report.

Everyone can take the "Smart Snack" test, using the Alliance for Healthier Generation Calculator. Type in your snack nutrition information and see if it qualifies as a "smart snack". The calculator can be found on the nutrition page of the district website.

## *Wellness Policy*

Federal law (Public Law 108-265, Section 204) requires school districts to have a local wellness policy. State law (KRS 160.345) requires elementary schools to develop and implement a school wellness policy. Trina Goodrich serves as the District Wellness Coordinator. The wellness policy is reviewed annually.



## *Physical Activity*

Montgomery County Schools follow the Kentucky Academic standards, along with the national standards for health and physical education. The school district follows the school wellness policy.

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with KRS 160.345 and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 007:140 and Board Policy 08.1346.

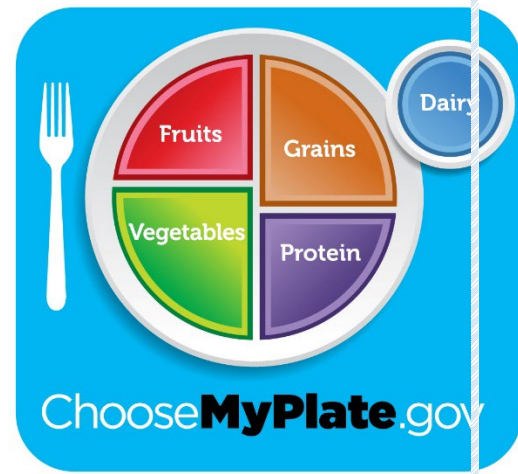


**Montgomery County Schools**  
**Physical Activity and Nutrition Report Recommendations**  
**January 2023**

- Continue efforts to increase student breakfast participation in all schools.
- Fundraising requests are evaluated before Board Approval to be compliant with the USDA Smart Snack Compliance Regulations.
- Schools will continue to support staff in modeling healthy eating and physical activity behaviors.
- Continue providing health care to students by staffing each school with a district nurse and partnering with Sterling Health Care.
- Physical activity is promoted in all schools by licensed Physical Education teachers.
- Continue student involvement with nutrition education by distributing Nutrition Nugget Newsletter online. Newsletters will be posted on the School Nutrition webpage.
- The district will continue to communicate wellness discounts and promotional opportunities.
- All menus will continue to meet federal and state requirements and nutritional guidelines for the meal programs.
- Drinking water is accessible throughout the school district and cups are provided during meal services.

*Nutrient Value of a School Meal Under  
National School Lunch Program*

USDA Meal Pattern	Weekly Min Requirements K-5	Weekly Min Requirements 6-8	Weekly Min Requirements 9-12
Meat/Meat Alternative	8-10 ounces	9-10 ounces	10-12 ounces
Vegetables (including all sub-groups)	3 ¾ cups	3 ¾ cups	5 cups
Fruits	2 ½ cups	2 ½ cups	5 cups
Grains	8-9 oz equiv.	8-10 oz equiv.	10-12 oz equiv.
Fluid Milk (low fat/fat free)	5 cups	5 cups	5 cups
Min-Max Calories (avg over 1 week)	550-650 per day	600-700 per day	750-850 per day
Saturated Fat (% of total calories)	<10%	<10%	<10%
Trans Fat	0	0	0
Whole Grains	80%	80%	80%
Sodium	<1,110	<1,225	<1,280



## Inspections....

All school kitchens are inspected by the local health department twice a year. Recent inspection scores are listed below:

- Camargo Elementary 99
- Mt. Sterling Elementary 99
- Mapleton Elementary 99
- Northview Elementary 98
- McNabb Middle 99
- Montgomery County High School 100

## Healthy Steps

- Convene a school wellness council
- Healthy Schools Program to assess current efforts
- Develop an action plan
- Identify resources
- Take action
- Celebrate successes

## CONTACT US:

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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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