

**Cumberland County Schools  
Nutrition and Physical Activity Report Card 2018-2019**

Cumberland County Schools are dedicated to serving nutritious meals and providing physical activity opportunities to help our students reach their full potential.

Averaged over the course of a week our high school lunch menus offered provided the following:

**Weekly Nutrient Statistics**

	Average Calories	Average % Saturated Fat
Regulation Minimum	750-850	<10
Menu Actuals	798	<10
Regulation Met?	YES	YES

**Weekly Components Statistics**

	Fruit	Vegetables	Grains	Meat/Meat Alternate	Milk
Weekly Regulations	5 cups	5 cups	10 oz	10 oz	5 cups
Menu Actuals	5 cups	5 cups	10 oz	10 oz	5 cups
Regulations Met?	YES	YES	YES	YES	YES

**Weekly Subgroups of Vegetables Served**

	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Weekly Regulations	½ cup	1 ¼ cup	½ cup	½ cup	¾ cup
Menu Actuals	¾ cup	2 cups	1 cup	1 cup	¾ cup
Regulation Met?	YES	YES	YES	YES	YES

**Weekly Whole Grains, Milk Served**

	Regulation	Menu Actuals	Regulation Met?
Whole Grains	10 oz	11 oz	YES
Milk	5 cups	5 cups	YES

Food and beverage items sold as extras on the cafeteria line and through vending machines must meet all nutritional standards as required by the Kentucky Board of Education. The standards are designed to limit access to items with no nutritional value. No sales must take place until at least 30 minutes after the last lunch ends.

### Physical Activity and Achievement

Schools play a critical role in promoting healthy physical behaviors in students.

The data below is a summary of an assessment of school staff.

Program Activity	Elementary	Middle	High
Recess provided daily	YES	YES	NO
At least 150 minutes of Physical Education offered per week	45 minutes 4 days per week every 3 weeks rotation  PE classes are offered Monday, Tuesday, Thursday and Friday	60 minutes per day per each grade level on a 9 week rotation  PE classes are offered daily	9 <sup>th</sup> grade gets 250 minutes of PE per week  PE classes are offered daily
Open facilities for families/community physical activity	YES	YES	YES
Children are allowed access to water as needed	YES	YES	YES

Cumberland County Schools offer a wide variety of extra-curricular activities or sports to promote physical activity and well-being for students.