

**Cumberland County Schools
Nutrition and Physical Activity Report Card 2021-22**

Cumberland County Schools are dedicated to serving nutritious meals and providing physical activity opportunities to help our students reach their full potential. Under normal circumstances we operate under the School Breakfast Program and the National School Lunch Program and meet all the requirements below for the NSLP. Because of the Covid 19 pandemic, we are operating under the Seamless Summer Option for the national breakfast and lunch program.

Cumberland County Schools are a completely CEP Free school district through the Community Eligibility Provision due to living in a high poverty area. Therefore when school is in session, headstart through 12th grade students receive breakfast and lunch daily at no cost. Currently, we feed students breakfast and lunch while at school. Additionally, we provide week long meal boxes for our virtual students.

The 5 Meal Components offered include:

- *Whole grain rich breads and cereals
- *meat and meat alternatives
- *Variety of vegetables
- *Variety of fruits
- *Variety of 1% milk

Water is also available

Weekly Nutrient Statistics

National School Lunch Program (NSLP)/Seamless Summer Option/SSO	Regulation Met	Regulation Minimum	Average Calories	Average % of Saturated Fat
CCES	YES	550-650	550-650	<10
CCMS	YES	600-700	600-700	<10
CCHS	YES	750-850	750-850	<10

Weekly Components Served

NSLP SSO SFSP	Served Weekly									
	Fruits	Total Vegetables Served Weekly	Dark Green Vegetables	Red/Orange Vegetables	Beans and Peas (Legumes)	Starchy	Other	Grains	Meat/ Meat Alt.	Fluid 1% Variety Milk (cups)

CCES										
NSLP	2.5 Cups	5 cups	½ Cup	¾ cup	½ cup	½ cup	½ cup	10 oz.	10 oz.	40 oz.
SFSP	2.5 Cups	2.5 cups						10 oz.	10 oz.	40 oz.
CCMS										
NSLP	2.5 Cups	5 cups	½ Cup	¾ cup	½ cup	½ cup	½ cup	10 oz.	10 oz.	40 oz.
SFSP	2.5 Cups	2.5 cups						10 oz.	10 oz.	10 oz.
CCHS										
NSLP	5 Cups	5 cups	½ Cup	1 ¼ cup	½ cup	½ cup	¾ cup	10 oz.	10 oz.	40 oz.
SFSP		2.5 cups								40 oz.

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.

FRESH FRUIT AND VEGETABLE GRANT AT CCES

In addition to breakfast and lunch, students at CCES are provided with a fresh fruit or vegetable at least 4 times per week during snack with funds awarded through the FFV grant.

Child Adult Care Food Program (CACFP)

If students are on campus after hours at one of at-risk sites, they may receive a free supper meal as well as a snack through the CACFP program.

Students enrolled at Little Panthers Daycare are provided a free breakfast, lunch and snack through the CACFP. Students at headstart receive a snack each day through this program as well.

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	YES
At least 150 minutes of Physical Education offered per week	45 minutes 5 days per week every 3 weeks rotation PE classes are offered Monday-Friday	60 minutes per day per each grade level on a 9 week rotation PE classes are offered daily	9 th grade gets 250 minutes of PE per week PE classes are offered daily
Open facilities for families/community physical activity	YES n	YES	YES

Children are allowed access to water as needed	YES at the water fill stations located at their schools	YES at the water fill stations located at their schools	YES at the water fill stations located at their schools
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Cumberland County Schools offer a wide variety of extra-curricular activities or sports to promote physical activity and well-being for students.