



# **Leslie County School District**

## **2023-2024** **School Nutrition Report**

The Leslie County School Nutrition Department is dedicated to providing nutritious, well – balanced meals to all students and faculty. During the 2023-2024 school year, we are providing meals to all K-12 enrolled students under the National School Lunch/ School Breakfast Programs. We also provide contract meals for head start students and KRCC participants, and offer a la carte meals available for purchase to district faculty who wish to participate.

Our foodservice staff currently consists of 5 certified Food Service Managers, 17 certified cook/bakers, 2 vacant cook/ baker positions, a food service secretary, and a School Nutrition Director.

The Leslie County School District is enrolled and eligible to participate in the following federal food service programs:

- Community Eligibility Program (CEP) – allows access to FREE Meals for ALL enrolled K-12 children under the National School Lunch and National School Breakfast Programs
- Afterschool Snack Program- providing free afterschool snacks to children enrolled in eligible programs (ESS, 21<sup>st</sup> Century Programs and Save the Children Afterschool Programs)
- Summer Food Service Program- feeding program utilized during summer months to provide free meals to students and community children 18 and under that choose to participate.

## **Community Eligibility Program (CEP)**

Leslie County School District began participating in the Community Eligibility Program with the 2012-2013 school year. This program provides a free breakfast and lunch to all children in our district; regardless of parent/guardian income. For the 2023-2024 school year, our calculated claiming percentage was over 100%; therefore every reimbursable meal served to students is reimbursed at the free federal rate. Current year reimbursement rates are \$2.73 for breakfast and \$4.35 for lunch.

## **National School Lunch Program**

The National School Lunch Program was established in 1946 as a “measure of national security to safeguard the health and well – being of the Nation’s children.” With the passage of the Healthy Hunger Free Kids Act of 2010, the nutritional standards for meals and beverages provided on school campuses was strengthened. School districts receive federal reimbursement funds for each school lunch served to enrolled children that meet USDA guidelines. The federal meal pattern for lunch is designed to meet the nutritional needs of children. This is reflected in portion sizes and calorie ranges based on age/grade groups. Regulations require that we offer minimum portion sizes of meat, grains, fruits, vegetables, and fluid milk at every lunch meal service. Weekly sodium targets are also addressed in the meal pattern requirements. We offer free potable water for children during all meal services. Our district menus are written on a 4 week menu cycle and are certified to reflect meal pattern changes and target nutritional goals as established by the USDA. All regulations are being met by the district. We are assuring that 80% of grains served are whole grain rich, a variety of fresh and canned fruits are offered, all vegetable subgroups are being met utilizing fresh, frozen and canned items, and a variety of fat free flavored and 1% unflavored milk are being served.

## **National School Breakfast Program**

The National School Breakfast Program was established in 1966. School districts receive federal reimbursement funds for each breakfast served to enrolled students that meet USDA guidelines. The federal meal pattern for breakfast is designed to meet the nutritional needs of children. This is reflected in portion sizes and calorie ranges based on age/ grade groups. Regulations require we offer minimum portion sizes of grains, fruits, and fluid milk. Vegetables may be offered as a fruit substitution and meats may be offered but are not required. District menus are written on a 4 week cycle and all meal pattern requirements are being met. All school sites offer a traditional breakfast program prior to the start of the school day. Leslie County High School also offers a second chance, grab and go breakfast service in the commons area after 1<sup>st</sup> period.

**October 2023 Data and Average Daily Participation (K-12 data)**

October 2023 20 serving days	<b><u>Breakfast Participation</u></b>	<b><u>Lunch Participation</u></b>
Hayes Lewis ADA- 97	1343 served 69.22% participation	1912 served 98.55% participation
Mountain View ADA- 370	3528 served 47.67% participation	6566 served 88.72% participation
Leslie County High ADA- 419	4729 served 56.43% participation	6483 served 77.36% participation
Stinnett ADA- 275	3005 served 54.63% participation	5024 served 91.34% participation
W.B. Muncy ADA- 201	1524 served 37.91% participation	3678 served 91.49% participation
<b>District</b>	<b>14,129 served 51.86% participation</b>	<b>23,663 served 86.86% participation</b>

**Afterschool Snack Program**

All elementary school sites within our District operate the afterschool snack program through a collaboration with the ESS, 21<sup>st</sup> Century and Save the Children afterschool programs. The snack is offered after regular school hours to all participants Monday – Thursday when school site programs operate.

**October 2023 After-School Snack Data**

School Site	Number of Days Served	Total Served
Hayes Lewis	12	173
Mt View	10	395
Stinnett	8	176
W.B. Muncy	10	261
<b>Total Served</b>		<b>1005</b>

**Summer Food Service Program**

The Summer Feeding Program was created to ensure that children in low – income areas could continue to receive nutritious meals during summer months when school is normally not in session. All children 18 years or younger can receive these meals. Based on Community Wide Eligibility, we are able to offer meals to all participants at no charge. We offer a combination of breakfast and lunch on days of operation. These meals are served at

school locations and are available to children that participate in summer school activities and are opened to ANY child in the community.

Leslie County Schools provided summer meals for 28 days during the months of June, July, & August 2023. During this service, 1,493 breakfasts and 1,739 lunches were served.

### **A la carte Items**

A la carte items are priced and made available for sell to students during breakfast and lunch. All food and beverage items sold a la carte in the cafeteria must be in compliance with the Smart Snack guidelines. At elementary sites, this includes extra entrée items, juice, and milk. Leslie County High offers for sell the same items as elementary sites, water, and a variety of other food and beverage items that are Smart Snack compliant.

### **School Stores & After School Functions**

Our school snack sales and vending machines must wait at least 30 minutes after the last lunch period ends to sell food or beverage items to students. These items are required to meet the Smart Snack guidelines. Building Principals have a pre-approved list from Gordon Food Services for food items that meet the Smart Snack guidelines. Thirty minutes after the official end of the school day until midnight, no nutritional guidelines must be followed. Regular soda's, candy, cakes, and etc. can be sold at after-school functions (ballgames, etc).

### **Assessment Tools**

Annually the school district and individual school sites are required to assess the nutrition and physical activity environments in our schools. Leslie County School District utilizes the Healthy Schools nutrition and physical activity assessment tool on the Alliance for a Healthier Generation website at <https://schools.healthiergeneration.org/>. The survey results are used to make improvements to district and school wellness policies and practices.

## **Summary & Recommendations for Improving the Nutrition & Physical Activity Environment**

- Continuing to operate 2<sup>nd</sup> Chance breakfast at Leslie County High School. Participation numbers continue to increase.
- Explore ideas for increasing breakfast participation in elementary sites.
- Food Service will continue to implement use of Smarter Lunchroom techniques to promote healthy food and beverage choices.
- Food Service will continue offering a variety of daily options of fresh and canned fruits and vegetables to promote consumption.
- Schools should encourage quick physical activity breaks for students during the school day.
- Provide schools with ideas of rewarding students using nonfood items and promote physical activity.
- Continue to work to improve the nutritional quality of food and beverage items offered for sale to students during the school day through snack sales or fundraisers utilizing the requirements of Federal Smart Snack guidelines.
- Strategize ways to have more stakeholders involved and sharing ideas for improving the nutritional and physical activity environment in our schools.

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