

Pendleton County School Food Service Wellness Goals

Pendleton County Schools Food Service Nutritional Goals for the Wellness of the Students.

GOAL #1: Meals served through the National School Breakfast and Lunch Program will meet nutrition requirements established by local, state, and federal statutes and regulations.

- The Food Service program will serve nutrient balanced meals by evidence of meeting the State and Federal Regulations.
- This will be monitored by "Inteam Meal Compliance Tool" which is used to measure the school Breakfast and Lunch meals to assure that we are providing the right amount of servings of Fruits, Vegetable, Whole grains, Meat and Meat Alternates, Fluid Milk per grade group. This tool also monitors Calories, Saturated Fat, Sodium and Tran's fat, these daily amount are based on the average for a 5 day week. This monitoring tool is a continuous ongoing tool that changes when meal components are changed with in the week.
- The Kentucky Department of Education School and Community Division will also monitor our Menus for compliance.
- All a la carte items sold will be under the Federal Smart Snacks Regulation. We will use the Smart Snack Calculator in order to monitor these items.

GOAL #2: Meals served will be nutrient balanced and accepted by the students of Pendleton County

- Pendleton County School District is participating in the Community Eligibility Provision (CEP) Program District wide starting the 2017-2018 school year. This allows all students in the District to eat Breakfast and Lunch at no charge to the student and/or family.
- This will be monitored by the participation % at each meal for each school.
- Cafeteria manager will obtain input from the students on menu suggestions and ideas for our meal program.

GOAL #3: The cafeteria environment will provide students with a relaxed, enjoyable climate.

- Have adequate space to eat and pleasant surroundings.
- Adequate time for meals will be given.
- Rest rooms are a convenient access to hand washing facilities to students to use before meals.
- Students have access to Water station or fountains throughout the school day.
- Will be monitored by Cafeteria Manager and School Nutrition Director.

Goal #4 The Pendleton County Schools Food Service Department will provide a facility to prep and prepare food in a safe and sanitized environment.

- Managers will monitor kitchens daily to make sure that food is prepared in a safe and sanitized area.
- School Nutrition Director will make unannounced visits and will monitor on a review form yearly.
- School Kitchens throughout the school district are peanut free.
- Three Rivers Health Department will make every 6 months unannounced visits and document on form and give a grade of performances.

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