

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 using "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 change with in the week.
- The Kentucky Department of Education School and Community Division will also monitor our Menus for compliance.
- All al a carte items sold will be under the Federal Smart Snacks Regulation. We will use the Smart Snack Calculator in order to monitor these items. The copy of the Smart Calculator is on our Webpage.

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

- Pendleton County School District started participating in the Community Eligibility Provision (CEP) Program District wide in (2017-2018 school year to present-time) This allows all students in the District to eat Breakfast and Lunch at no charge to the student and/or family.
- Will monitor the Participation percentage at each meal for each school.
- Cafeteria manager will obtain input from the students on menu suggestions and ideas for our meal program.
- Will continue to look for new products in order to encourage and increase student participation.
- A share table is available at all schools to give students the ability to have extra food to consume or even take home for a later time.
- We participated in a starter lunchroom pilot program from the University of Kentucky at the Middle school which looked at food waste

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.
- 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.
- Cafeteria Manager and School Nutrition Director will monitor

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 gives a grade of performances.

[USDA Nondiscrimination Statement](#)

SCHOOL NUTRITION DIRECTOR: LISA MITCHELL SCHOOL NUTRITION ASSISTANT: DONNA BODEN SCHOOL MANAGERS:

SOUTHERN * LINDA RARRIECK * NORTHERN - KAREN JONES * MIDDLE - PATTY NEUSPICKEL * HIGH – MARY HALEY

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