

Nutrient Facts and Targeted Sodium Reduction in School Menus:

“Final Rule” Nutrition Standards in the National School Lunch and School Breakfast Programs:

Sodium Reduction: Timeline & Amount					
Age/Grade Group	Baseline: Average Current Sodium Levels as Offered (mg)	Target 1: July 1, 2014 SY 2014-2015 (mg)	Target 2: July 1, 2017 SY 2017-2018 (mg)	Final Target: July 1, 2022 SY 2022-2023 (mg)	Min-Max Calories
School Breakfast Program					
K-5	532 (elementary)	≤ 540	≤ 485	≤ 430	350-500
6-8	532 (middle)	≤ 600	≤ 535	≤ 470	400-550
9-12	624 (high)	≤ 640	≤ 570	≤ 500	450-600
National School Lunch Program					
K-5	1218 (elementary)	≤ 1,230	≤ 935	≤ 640	550-650
6-8	1218 (middle)	≤ 1,360	≤ 1,035	≤ 710	600-700
9-12	1419 (high)	≤ 1,420	≤ 1,080	≤ 740	750-850



Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between test scores and the physical well-being of students.

*USDA is an equal opportunity provider and employer

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”

School Health Index-Centers for Disease Control (CDC)

Hand washing is the single most important act you can do to prevent getting sick and spreading diseases.

School Physical Activity Environment Assessment		
Program/Activity	Elementary	High
Physical Education Grading	100%	100%
Provide at least 150 minutes of physical education per week	100%	N/A
Provide at least 225 minutes of physical education	N/A	25%
Health related physical fitness	80%	100%
Physical education safety practices	100%	100%
Participation in extracurricular physical activity programs	100%	100%

The data presented above is a summary from the assessment of our physical activity environment.

Program Achievements:

- ❖ Lunchroom Committee assists in centralized school cycle menus that are in place for all schools. Menus will continue to be monitored for nutritional quality.
- ❖ The district and school wellness committees continue to encourage the use of non-food items as incentives.
- ❖ The Hazard Analysis and Critical Control Point (HACCP) food safety program is in place with Standard Operating Procedures (SOP's) on file for each school.
- ❖ The district and school staff continue to provide the learning community, parents and others with up-to-date communications.

Program Recommendations:

- ❖ Continued improvement of cycle menus in the area of calories, sodium and total saturated fat percentage.
- ❖ Recommend all staff work on Breakfast participation.
- ❖ Staff PD on incorporating nutrition education into content areas beyond those currently teaching nutrition.
- ❖ Recommend continued efforts in limiting/eliminating the use of food items as reward.
- ❖ Recommend increasing opportunities for physical activity of students/staff during the school day.



Wolfe County Schools Nutrition & Physical Activity Report Card 2017-18



Wolfe County Schools is proud to announce that they are participating in the Community Eligibility Provision (CEP) program, which allows us to feed every child enrolled in our school system a **free** breakfast, lunch, after school snack and supper regardless of their socio-economic status.