



Nutrition & Physical Activity Report

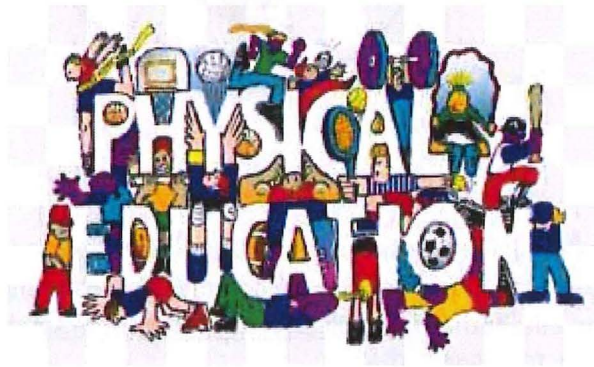
This brochure is provided in compliance with KRS 158.856 and 702 KAR 6:090 as an overview of the nutritional and physical activity currently available in the Kenton County School District.



All seventeen Kenton County Schools participate in the National School Breakfast and Lunch Program. School meals must meet minimum nutrition standards:

- ✓ Weekly fruit offerings
- ✓ Weekly vegetable offerings
- ✓ Whole grain offerings
- ✓ Fluid Milks Offering
- ✓ Minimum and maximum calorie offerings
- ✓ Saturated fat limits
- ✓ Trans fat limits
- ✓ Sodium Limits

The meals served to students meet or exceed the nutrient standards. In addition to the average 11,447 meals served daily all food sold as a la carte meets and exceeds the nutrition requirements.



Students in K-5 schools have physical education 4-5 days a week in which the curriculum aligns to the Kentucky Core Academic Standards for physical education.