

Walton-Verona Independent School Wellness Report Card

2023/2024

Walton-Verona Independent Schools

16 School Road
Walton, KY 41094
859-485-4181

www.wv.kyschools.us





Physical Activity and Achievement

Walton-Verona offers a wide variety of physical activity.

Extra-Curriculars

Basketball, Softball, Baseball, Golf, Lacrosse, Wrestling,
Cheerleading, Track, Cross Country, Volleyball,
Archery, Soccer, Football

Walton-Verona Independent Schools

Walton-Verona Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Our Food & Nutrition Services Department comprises a team of food and nutrition professionals dedicated to student's health, well-being, and ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods, and beverages sold or served at schools meet state and federal requirements based on the [USDA Dietary Guidelines](#). We provide students access to affordable, appealing foods that meet their health and nutrition needs.

Breakfast Meals consist of grains, fruit, and dairy.

Lunch Meals contain protein, grain, vegetables, fruit, and dairy.

Meal Components

Protein- lean meats and vegetarian options

Grain- Whole Grain items are offered in over 80% of menu options

Fruit= 100% Fruit Juice, fresh and canned fruit options

Vegetables= A variety of fresh, frozen, and canned

Dairy/Milk=fat free and 1% milk options

Nutritional Guidelines

Fat Less than 30%, zero trans fats

Sodium- reduced sodium guidelines at all levels

Sugar- low in sugar guidelines

Portion Controlled



Lunch

Elementary:

Fluid milk - 1% or fat-free, ½ pint (1 cup)

Fruit - ½ cup

Vegetable - ¾ cup daily

Breads/grains - 8 to 9 servings (oz.) per week

Meat/meat alternate - 8 to 10 ounces per week

Middle schools:

Fluid milk - 1% or fat-free, ½ pint (1 cup)

Fruit - ½ cup

Vegetables - ¾ cup

Breads/grains - 8 to 10 servings (oz.) per week

Meat/meat alternate - 9 to 10 ounces per week

High schools:

Fluid milk - 1% or fat-free, ½ pint (1 cup)

Fruit - 1 cup

Vegetable - 1 cup

Breads/grains - 10 to 12 servings (oz.) per week

Meat/meat alternate - 10 to 12 ounces per week

Offer vs. serve

For breakfast, a student must pick three of the four food components offered, one being a serving of fruit. For lunch, a student must pick at least three of the five food components offered, with the option of selecting all five, one being a serving of fruit or vegetable. The established selling price must be charged regardless of the student's selections.

School Year 22-23

Reimbursement Received \$503,086.95

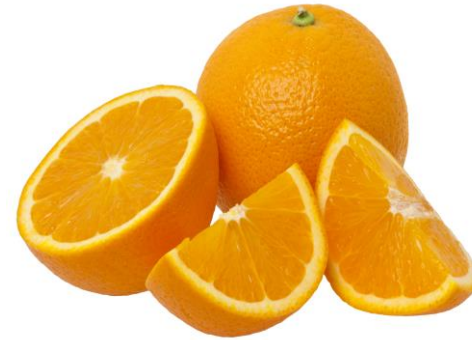
Breakfast Served 54,176

Lunches Served 168,036

of Students on Free Meals 647

of Students on Reduced Meals 95

of Students on Paid Meals 1145



USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete the [USDA Program Discrimination Complaint Online Form](#) (AD-3027) found online at [How to file a Complaint](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.