

Wellness Report Card Mason County Schools

2022-2023



Safety Protocols

We following all HACCP and Safety protocols to ensure our students and staff our safe.

SFSPac provides us chemicals/solutions that makes sure we are sanitizing dishes, pans, and equipment safely.

All staff from the Food Service Department have been trained on safety.

Breakfast and Lunch are Free

All students in our district can receive a breakfast and lunch each day at no cost. This is because we qualified to be a CEP District (Community Eligibility Provision).

The savings helps parents and ensures students are getting all components if they chose to do so.

Challenges

School meal programs are still greatly affected by the pandemic issues regarding products and staffing shortages. The menus are planned, posted, and products are ordered in advance.

However, there have been product shortages, these shortages may lead to a change in the daily menu. Some items may be changed to a different day, substituted and/or not provided at all.

Even though menu items might be affected, specified meal components will be offered.

Physical Activity

Students at our Elementary and Intermediate School have at least 50 minutes per week.

Middle School students have physical education 55 minutes during class.

High School students receive 45 minutes for those who are in physical education class.

Extra curricular activities offered to our students:

Cross Country, Track, , Football, Softball, Baseball, Basketball, Cheerleading, Soccer, Tennis, Volleyball, Archery, Golf, Marching Band, Drama Club, Swimming, Wrestling, 5K Jog

Goals Met this School Year

Increased participation for breakfast

Staff working together no matter how short staffed due to physical or mental illness.

Starting implementing more fresh fruits and vegetables to our menus.

Goals for 2023-2024

Maintain a strong social media presence for our students and families to stay up to date on everything happening in the food service department at the schools.

Promoting presentation of the foods we serve.

Gather responses from each school to help with Wellness initiatives.

Support more KY Proud local resources for our kitchens/cafeterias.

Contact

Kimberly Denny

Mason County Food Service Department

606-564-7755