

## Nutrient Analysis

Averaged over the course of a month, lunch menus offered in our schools provide the following:

Nutrient	Target*	Actual
Calories	785	851
Iron (Mg)	4.2 Mg	7.55 Mg
Calcium (Mg)	370 Mg	199 Mg
Vitamin A (RE)	285 RE	23.62 RE
Vitamin C (Mg)	17 Mg	20.3 Mg
Protein (G)	15 G	32.8 G
Total Fat (G)	30% of Calories	29.0%
Saturated Fat (G)	10% of Calories	9.6%



## 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 SAT scores and the physical well-being of students.

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

**“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)*

### School Physical Activity Environment Assessment

Program/Activity	Elementary Schools
Provide daily recess	100%
Provide at least 150 minutes of physical education per week	83%
Provide a sequential physical education curriculum.	89%
Provide moderate to vigorous physical activity at least 50% of PE class time.	100%
Provide certified physical education teachers.	100%
Offer facilities to families/community for physical activity opportunities.	78%

The data presented above is a summary from the assessment of our physical activity environment. Certified physical education teachers are employed in all elementary, middle, and high school teaching positions. Our after school program, Trojan Times, incorporates physical activities into the daily homework and enrichment regimen. Many classrooms incorporate physical activities into class time with “Take 10”, class calisthenics, or class energizers.



## Nutrition & Physical Activity Report Card

**2008 - 2009**



Tro and Jan, Foodservice mascot, supervises the meal service at Barren County Trojan Academy School for Graduation.

## National School Lunch

The National School Lunch Program (NSLP) was conceived in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We offer fresh fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% and skim milk, as well as 100% fruit and vegetable juices.

An analysis of our lunch menus is found elsewhere in this report card.

The table below provides a synopsis of the lunch program, including participation and financial data.

Federal Reimbursement	\$1,043,417
# Schools Participating	9
Total Lunches Served	676,343
Average Daily Participation	3,716
Cost of Food Used	\$933,446
# Students Approved for Free Meals	2,286
# Students Approved for Reduced-price Meals	386
# Students approved for Paid Meals	2,028
Lunch Prices	Adult: \$3.00 Reduced-price : \$.40 Paid : \$ 1.70 / \$1.80

## School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture’s nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Federal Reimbursement	\$453,167
# Schools Participating	9
Total Breakfasts Served	403,965
Average Daily Participation	2,220
Breakfast Prices	Adult Price \$2.25 Student Reduced-price: \$ .30 Student Paid: \$ .140 / \$1.45



## After-School Snack Program

The After-School Snack Program allows after-school care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snacks served to school-age children.

Federal Reimbursement	\$29,342
Total Snacks Served	63,817
Average Daily Participation	351

“Protecting children’s health and cognitive development may be the best way to build a strong America.”

-- Dr. J. Larry Brown, Tufts University School of Nutrition



A list of all food and beverage items available to students during the day and the nutritional analysis of lunch and breakfast menus can be seen in the Foodservice Office at each individual school and the Foodservice Office at the Barren County Board of Education Central Office, 202 West Washington Street, Glasgow, KY 42141.

Food and beverage items that are sold as extras on the cafeteria lines meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from machines or school stores take place until 30 minutes after the lunch period ends.

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be “problem nutrients” for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch -- an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

--National Dairy Council