

## Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	739	794
Iron (Mg)	3.95 Mg	4.18 Mg
Calcium (Mg)	338.62 Mg	448.42 Mg
Vitamin A (IU)	1295 IU	1754 IU
Vitamin C (Mg)	16.68 Mg	35 Mg
Protein (G)	12.74 G	32.09 G
Total Fat (G)	<30% of Calories	32.44%
Saturated Fat (G)	<10% of Calories	8.53%

\*Grades 4-12

## 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	Prim.	Int.	Middle	High
Provide daily recess	95%	95%	N/A	N/A
Provide at least 150 minutes of physical education per week	No	No	No	No
Provide at least 225 minutes of physical education	N/A	N/A	No	No
Provide classroom physical activity integrated into school day	100%	100%	19%	12.5%
Promote intramural and/or extracurricular physical activity opportunities	100%	100%	100%	100%
Offer facilities to families/ community for physical activity opportunities	100%	100%	100%	100%
<b>Overall School Health Index Score*</b>	84.6%	84.6%	84%	71.9%

\*For more information on the School Health Index:  
<http://apps.nccd.cdc.gov/shi/default.aspx>

The data presented above is a summary from the assessment of our physical activity environment. Our schools are seeking additional methods of increasing the amount of physical education provided. The elementary school does provide at least 100 minutes of physical activity for every student each week.

Each school has fully certified physical education teachers who will provide assistance to classroom teachers in the integration of physical activity into the classroom. Our physical education curriculum is a sequential program that is consistent with state and national standards and promotes life-long skills.



**Trigg County Public Schools**

*"We Build Ships"*



*Relationships Partnerships  
 Citizenship Leadership  
 Sportsmanship for Scholarship*

## Nutrition & Physical Activity Report Card

### School Year 2008-2009

The Trigg County Public Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

## 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. We offer fresh fruits and vegetables every day. Students are allowed to choose themselves all the fresh fruits and vegetables they will eat. 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 2%, skim milk, and flavored 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. All number are reflective of the 2008-09 school year with the exception of the lunch and breakfast prices which are the current prices.

Federal Reimbursement	\$424,471
# Schools Participating	4
Total Lunches Served	268,052
Average Daily Participation	1,532
Cost of Food Used	\$321,272
# Students Approved for Free Meals	987
# Students Approved for Reduced-price Meals	212
# Students approved for Paid Meals	946
Lunch Prices	Adult: \$2.50 Reduced-price : \$.40 Paid : \$ 1.50

## 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	\$121,280
# Schools Participating	4
Total Breakfasts Served	90,642
Average Daily Participation	518
Breakfast Prices	Adult Price \$1.25 Student Reduced-price: \$ .30 Student Paid: \$ 1.00



## 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	\$4,273
Total Snacks Served	6,119
Average Daily Participation	35

“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 from school food service can be downloaded from our web site at [www.trigg.kyschools.us](http://www.trigg.kyschools.us)

Food and beverage items that are sold as extras on the cafeteria lines all 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 vending 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