

Nutrient Analysis

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

Grade	Average Calories	Avg. % Sat. Fat	Avg. mg. of Sodium
9-12	795	6.50%	1316
6-8	700	6.25%	1121
KG-5	632	6.20%	1062

Nutrition Standards

Calorie Range Requirements in School Nutrition

Breakfast

Grades K-5 350-500 average calories per week
 Grades 6-8 450-600 average calories per week
 Grades 9-12 550-600 average calories per week

Lunch

Grades K-5 550-650 average calories per week
 Grades 6-8 600-700 average calories per week
 Grades 9-12 750-850 average calories per week

Sodium Range Requirements in School Nutrition

Breakfast

Grades K-5 <540mg average sodium per week
 Grades 6-8 <600mg average sodium per week
 Grades 9-12 <640mg average sodium per week

Lunch

Grades K-5 <1230 mg average sodium per week
 Grades 6-8 <1360mg average sodium per week
 Grades 9-12 <1420mg average sodium per week

Healthy Hunger-Free Kids Act 2010

The Lee County Child Nutrition Program is accredited in meeting the Healthy, Hunger-Free Kids Act (HHFKA) 2010 provisions. The Federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must take a minimum of a fruit or vegetable at breakfast and at lunch to complete their meal.

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”

School Physical Activity Environment Assessment

0 = item not addressed in policy 1 = weak policy and needs improvement 2 = addressed in policy and in place.			
<i>Program/activity</i>	<i>KG-5</i>	<i>6 - 8</i>	<i>9 - 12</i>
Provide daily recess	2	1	1
Provide at least 45 minutes of physical education per week	2	1	1
Provide at least 225 minutes of physical education	2	1	1
Provide classroom physical activity integrated into school day	2	2	2
Provide intramural physical activity opportunities	2	2	2
Offer facilities to families/ community for physical activity opportunities	2	2	2

The data presented above is a summary from the assessment of our physical activity environment.

School Health Index-Centers for Disease Control (CDC) WellSAT Assessment

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*

LEE COUNTY SCHOOLS

Nutrition & Physical

Activity Report Card

2015-2016 School Year



The Lee County School District is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

National School Lunch Program

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.

Lee County School lunch menus are planned on a 2 week cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable (which include minimum subgroups of red/orange, green leafy and legumes), grains/breads (over 51% whole grain) and low fat/fat free unflavored and flavored 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. Zero non-trans fat oils are used in preparation methods. The menu cycle provides for variety and allows us to make the most efficient use of donated commodities.

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

The table below provides a synopsis of the 2015-2016 lunch program, including participation and financial data.

Federal Reimbursement	\$ 433,286
# Campuses Participating	3
Total Lunches Served	137,551
Average Daily Participation	87%
Total Expenditures for Program	\$ 803,114
Total Revenue for Program	\$ 817,818
<u>Students-CEP-Community Eligibility District</u>	
<u>All students receive free meals</u>	Adult price lunch: \$3.00

National School Breakfast Program

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. Our Breakfast meals are planned on a 2 week menu cycle. The table below provides a synopsis of our 2015-2016 Breakfast Program.

Federal Reimbursement	\$ 193,305
# Campuses Participating	3
Total Breakfasts Served	97,138
Average Daily Participation	59%
<u>Students-CEP-Community Eligibility District</u>	
<u>All students receive a free breakfast</u>	Adult Price B’fast :\$2.00

Meal Patterns:

Breakfast

1. Fluid Milk (1/2 Pint or 1 Cup)
2. Fruit or Full strength juice (1/2 Cup)-The new guidelines requires students to take ½ cup fruit or ½ cup 100% juice at breakfast before the meal is considered a reimbursable meal.
3. Bread/Grains (1 Slice or 1 ounce)

Lunch

1. Fluid Milk (1/2 Pint or 1 Cup)
2. Fruit and or Vegetables (3/4 cup-1 cup) The new guidelines requires students to take fruits and or vegetables at lunch before the meal is considered a reimbursable meal.
3. Bread/Grains (2 or more servings to equal 8-10 oz. servings per week)
4. Meat/Meat Alternate (2 ounces)

Please review this information and provide any comments or recommendations to the Lee Co. Board of Education at: 242 Lee Ave. Beattyville, KY 41311

If you have any questions/concerns/comments regarding this report: contact Teresa Thomas, Food Service Director Lee County Schools 242 Lee Avenue, KY 41701, Telephone: 606-464-5077 or e-mail: teresa.thomas@lee.kyschools.us

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The Lee County School District does not contract with retail establishments to provide entrée items, such pizza and sub sandwiches to our schools.

A list of all food and beverage items available to students during the day can be found at the central office.

Food and beverage items 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 vending machines or school stores take place until 30 minutes after the last lunch period ends.