

## 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 the school keep down meal prices.

Our lunch meals are planned from a 21-day meal choice cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and vegetables, grains/bread 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 sizes, as children become older. We make a concerted effort to offer whole grain bread products. Fresh fruits and vegetables are offered daily. 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.

Table one (T.1) provides a synopsis of the lunch program, including participation and financial data.

## School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursements for each school breakfast served that meets U.S. Department of Agriculture’s nutrition guidelines. Studies show that children who participate in School Breakfast Program have significantly higher standardized achievement test scores than non-participants as well as a reduction in absences and tardiness. Table two (T.2) provides a synopsis of the breakfast program, including participation and financial data.

Effective August 2016, free breakfast and lunch are available to all students in Preschool-8<sup>th</sup> grade as part of participation in the CEP program.

## Health Inspections

The local health department inspects our kitchens twice a year. Each school rating is 98-100.

## Continuing Education

Our food and service team participate in regularly scheduled training and are Level 1 certified per 702 KAR 6:04. Four hours of re-certification is completed each school year, and six hours of mandatory training is completed yearly.

\*\* Vending machines are not available for use by elementary students. Middle and high school vending machines are closed until the end of the instructional day.

<b>Table 1 - LUNCH</b>	<b>SY 2015-16</b>	<b>SY 2016-17</b>
Federal Reimbursement	\$739,956.74	\$910,421.69
Number of Schools Participating	5	5
Total Lunches Served	329,578	350,759
Average Daily Participation	1883	2004
Cost of Food Used	616,633.27	654,944.17
Number of Students Approved for Free Meal	311 (high school only)	326 (high school only)
Number of Students Approved for Reduced-Price Meals	39 (high school only)	39 (high school only)
Number of Full Paid Students	233 (high school only)	252 (high school only)
Lunch Prices	Adult: \$3.50 Reduced Price \$.40 Student Paid: \$2.50	

<b>Table 2- BREAKFAST</b>	<b>SY 2015-16</b>	<b>SY 2016-17</b>
Federal Reimbursement	\$255,913.61	\$305,837.49
Number of Schools Participating	5	5
Total Breakfasts Served	153,127	178,300
Average Daily Participation	875	1018
Breakfast Prices	Adult Price: \$2.35 Student Reduced Price: \$.30 Student Paid: \$1.30	

## Nutrient Analysis

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

Meal Components	Regulation
Fruit	2 ½ cups (K-8) 5 cups (9-12)
Vegetables	3 ¾ cups (K-8) 5 cups (9-12)
Meat/Meat Alternative	10-12 ounces
Grains/100% Whole Grains	8-10 ounces (K-8) 10-12 ounces (9-12)
Milk	5 cups
Saturated Fat	<10% of Calories
Sodium	≤1230 mg (K-5) ≤1360 mg (6-8) ≤1420 mg (9-12)
Calories	550-650 (K-5) 600-700 (6-8) 750-850 (9-12)

## Physical Activity & Achievement

Schools play a crucial role in influencing life-long 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 test scores and the physical well-being of students.

District Physical Activity Environment Assessment	
Program/Activity	YES
Implemented Wellness Policy	YES
Provided Daily Recess (K-5)	YES
Provide more than 150 minutes of physical education per week	YES
Credentialed Physical Education Instructors	YES
Adequate Teacher/Student Ratio in Physical Education Classes	YES
Playgrounds & Physical Assessment on all Children in Physical Education	YES
Perform Physical Assessments on all Children in Physical Education	YES
In collaboration with Recreation Department, Little Leagues, and Community, provide intramural activity opportunities for children	YES

The data presented above is a summary of the assessment of our physical activity environment. Currently, we have five certified physical education teachers who support the physical education program across both campuses K-12

The Healthy School Environment Committee has been instrumental in coordinating playground improvement district-wide. As a result, our playgrounds are modern, ADA certified, safe and available to the school children and the public at large on a year-round basis.



## Bardstown City Schools 2017 Nutrition & Physical Activity Report Card



Bardstown City Schools is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

This brochure is produced in compliance with KRS 158.856 as an overview of the nutrition and physical act.