

Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	785	720
Iron (Mg)	4.2 Mg	4.18 Mg
Calcium (Mg)	370 Mg	458 Mg
Vitamin A (RE)	285 RE	346 RE
Vitamin C (Mg)	17 Mg	22 Mg
Protein (G)	15 G	32 g
Total Fat (G)	30% of Calories	20.78 g
Saturated Fat (G)	10% of Calories	6.51 g

*Grades 4-12



Physical Activity & Achievement

The LaRue County Schools provide students with several opportunities for physical activity and nutrition education. These opportunities range from physical education and health classes to several extra-curricular sports that students can choose to be involved. These include soccer, cross-country track, tennis, volleyball, softball, football, basketball, wrestling, track & field, golf, baseball, cheerleading and marching band. Middle and Elementary schools also promote physical activity through the "Tour de LaRue" cycling tour of LaRue County, as well as numerous fitness clubs and a "Jumping Eagles" program.



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

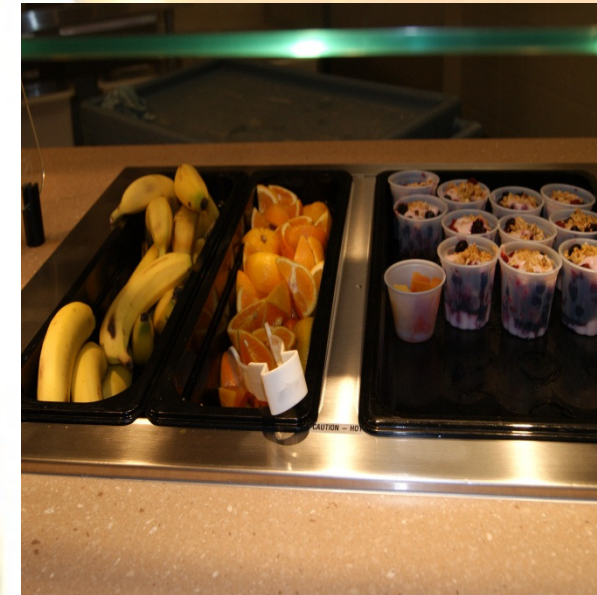
School Health Index-Centers for Disease Control (CDC)

School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	100%	N/A	N/A
Provide at least 150 minutes of physical education per week	75%	N/A	N/A
Provide at least 225 minutes of physical education per week	N/A	25%	100%
Provide classroom physical activity integrated into school day	90%	60%	30%
Provide intramural physical activity opportunities	100%	100%	100%
Offer facilities to families/ community for physical activity opportunities	100%	100%	100%

The data presented above is a summary from the school administrator's assessment of our physical activity environment. LaRue County Schools provide 5 certified physical education teachers serving elementary through high school.

LaRue County School District

Nutrition & Physical Activity Report Card 2011-12



The LaRue County Schools are dedicated to providing nutritious meals and multiple physical activity opportunities in order to help close the achievement gap and assist our students to reach academic 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.

LaRue County Child Nutrition Services is very proud that both Hodgenville and Abraham Lincoln Elementary Schools received the Healthier US Gold Award for promoting nutrition education, physical activity and quality food choices for their students.

Our lunch meals are planned on a two-week menu cycle. Federal regulations require that we offer specific portion sizes of meat, fruits and/or vegetables, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and we increase the sizes as the children grow older. Our daily lunch menus include whole grain breads, pastas, fresh vegetables and fruits. Each day four entrée choices include fresh sandwiches/wraps and freshly prepared entrée salads along with two hot entrée choices. Our soups, spaghetti sauces and rolls, muffins and Friday cookies are homemade with the best ingredients. Yogurt parfaits with fresh fruits along with three different varieties of fat free milk are served in a chug featuring the "New Look" of school milk. LaRue Nutrition Services has also made a strong initiative to go "green" by utilizing environmentally sound containers and recycling as much as possible.

An analysis of our lunch menus is found elsewhere in this report card. The table below shows financial data from 2010-11:

Federal Reimbursement	\$573,580
# Sites Participating	6
Total Lunches Served	308,873
Average Daily Participation	1775
Cost of Food Used	\$505,331
# Students Approved for Free Meals	1171
# Students Approved for Reduced-price Meals	257
# Students approved for Paid Meals	1018
Lunch Prices --no increase since 2007	Adult: \$2.60 Reduced: \$.40 Paid: \$1.55-1.75

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	\$187,166
# Sites Participating	6
Total Breakfasts Served	130,603
Average Daily Participation	751
Breakfast Prices -- no increase since 2007	Adult Price \$1.50 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	\$705
Total Meals Served	958
Average Daily Participation	27

"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



LaRue County Food Services operate on a conventional system in which many foods are prepared from scratch and have never contracted with fast-food retail establishments to provide any foods offered in all 4 school cafeterias.

Nutrition information of all food and beverage items available to students during the day can be downloaded from www.kedc.org/feeding/KPCNutritionalinformation.htm.

Food and beverage items that are sold as a la carte on the cafeteria lines or through vending machines or school stores 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 last lunch period.

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