

## Nutrient Analysis

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

Nutrient	Required*	Actual
Calories	664	779
Iron (Mg)	3.47	4.13
Calcium (Mg)	286	458.25
Vitamin A (IU)	1119	1322
Vitamin C (Mg)	15.24 Mg	50.08 Mg
Protein (G)**	9.77	30.45
Total Fat(G)**	30%	27.92%
Saturated Fat (G)**	10%	9.21%

\* Grades K-5

\*\*Percent of total calories

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

*School Health Index-Centers of 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 activity per week	100%	50%	50%
Provide classroom physical activity integrated into school day	100%	33%	100%
Offer facilities to families/ community for physical activity opportunities	100%	100%	100%

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

## 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 affects 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*

While we do contract with retail establishments to provide entree items, such as pizza, those items are available to High School students one day each week only.

A list of all food and beverage items available to students during the day can be downloaded from our web site at [www.bourbon.kyschools.us](http://www.bourbon.kyschools.us)

Food and beverage items that are sold as extras on the cafeteria lines, or through vending machines or school stores, 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 machines or school stores take place until 30 minutes after the lunch period ends.

# Bourbon County School District

Healthy  
Bodies



Healthy  
Minds

## Nutrition & Physical Activity Report 2009-2010

*The Bourbon County 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 designed to meet the need of growing children and, as a rule, we increase the sizes as the children grow older. We make a concerted effort to offer whole grains at least twice a week and we offer fresh fruits and vegetables every day. Students are allowed to serve 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 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.



## After-School Snack Program

The After-School Snack Program allows afterschool care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for

## 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.

#Schools Participating Lunches/Breakfast	6
Average Daily Breakfast Participation	754
Average Daily Lunch Participation	2078

"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 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 entree, 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

## Purpose of Brochure

This brochure is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity currently available in the Bourbon County School System with recommended areas of improvement. A committee consisting of representation of the school system, including students, parents, and community members, is working to provide guidance for the Bourbon County Board of Education. The Board will review any recommendations offered by the general public in developing a plan to be implemented in the 2010-2011 school year.

An Improvement Plan must be submitted to the Kentucky Board of Education by May 1, 2010. A report is to be issued each year thereafter to the public as to progress and additional improvement areas.

Information will available at:

[www.bourbon.k12.ky.us/boco/](http://www.bourbon.k12.ky.us/boco/)

Please review the enclosed information and provide any comments or recommendations to the School Board. Personal comments may be emailed to:

[marlena.rose@bourbon.kyschools.us](mailto:marlena.rose@bourbon.kyschools.us) or submitted in writing to the Bourbon County Board of Education, attention Marlena Rose.

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