

National School Lunch Program (NSLP) School Breakfast Program (SBP) Summer Food Service Program (SFSP) 2013

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, help farmers to sell surplus commodities, and help schools keep down meal prices.

Our lunch meals are planned on a three-week menu cycle. Federal regulations require we offer minimum portion sizes of meat, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children. We make a concerted effort to have fresh fruits and vegetables daily. Students are allowed to select from a variety of choices in each food category. We offer 1% fluid milk, and 100% juice daily.

Our meal programs do not use contracted fast foods or foods sold through commercial vendors.

Some Program Statistics:

#Schools Participating: 3
Cost of Food Used: \$117,567
 (11/12-10/13) Breakfast/Lunch/A la Carte)
#Free Meals Served: 35,282
#Reduced Meals Served: 8,048
#Paid Meals Served: 10,356
Total Lunches Served: 53,686
 (11/12-10/13)
Average Daily Lunch Participation: 313

Federal Lunch Reimbursement: \$127,565
 (11/12-10/13)
Lunch Prices: (2013-2014) Adults \$3.00
Reduced-price students \$.40
Paid students \$2.00



The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the United States 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 have significantly reduced absence and tardiness rates.

Some Program Statistics:
#Schools Participating: 3
Total Breakfasts Served: 25,194
 (11/12-10/13)
Average Daily Breakfast Participation: 147
Federal Breakfast Reimbursement: \$40,540
 (11/12-10/13)
Breakfast Prices: (2013-2014) Adults \$2.00
Reduced-price students: \$.30
Paid students: \$1.50



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Nutrient Analysis

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

Nutrient	Target	Actual
Calories	550-650	637
Iron	3.4-5.2Mg	4.14mg
Calcium (mg)	332-440 mg	490.9 mg
Vitamin A (IU)	192-241 RE	1049 RE
Vitamin C (mg)	24-30 Mg	66.87 mg
Protein (G)	15.2-32.2 G	31.94 G
Total Fat (G)	<30% of calories	17.86%
Saturated Fat (G)	<10% of calories	5.46%

Food and beverage items that are sold as extras on the cafeteria lines all meet the 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 take place until 30 minutes after the last lunch period ends. Nutritional value data for food and beverage items available to students has been collected and may be reviewed by members of the public.

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

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved reading, mathematics, and writing test scores; and reduced disruptive behavior.

Program/Activity	Elem.	Middle	High
Provide Daily Recess	NA	N/A	N/A
Provide structured physical activity opportunities weekly	100%	100%	100%
Provide intramural physical activity opportunities	24%	10%	10%
Provide physical education class 2-3 times weekly	100 %	100%	30%
Provide daily classroom physical activity	100%	N/A	N/A
Provide extracurricular physical activity	33%	25%	50%
Strength/Conditioning	N/A	8%	10%

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Curricular Physical Activity and Academic Performance, Pediatric Exercise Science

**Nutrition & Physical Activity Report
2013**

Cloverport Independent Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



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Summer Food Service Program

The SFSP provides nutritious meals to children during vacation periods that are similar to those offered under the National School Lunch and Breakfast Programs during the school year. Meals are provided to children 18 years of age or under.

Federal Reimbursement: \$9,379.15

Total Meals Served: 3,338.00

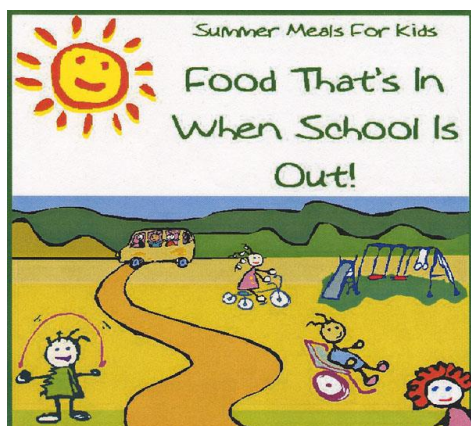
Average Daily Participation: 145

A USDA study showed students who eat school meals are most 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.

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Nutritional Dairy Council



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