

**National School Lunch Program (NSLP)
School Breakfast Program (SBP)
2018**

**Nutrition
& Physical Activity Report
2018**

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



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: \$124,369
(11/17-10/18 Breakfast/Lunch/A la Carte)
#Free Meals Served: 49,369
Total Lunches Served: 49,369
(11/17-10/18)
Average Daily Lunch Participation: 287

Federal Lunch Reimbursement: \$159,554
(11/17-10/18)
Lunch Prices: Adults \$3.50



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: 29,535
(11/17-10/18)
Average Daily Breakfast Participation: 172
Federal Breakfast Reimbursement: \$60,323
(11/17-10/18)
Breakfast Prices: Adults \$2.50

Nutrient Analysis

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

Nutrient	Target	Actual
Calories	K-5	650
	550-650	
	6-8	650
	600-700	
Sodium (mg)	9-12	800
	750-850	
	K-5 <640	>640
Saturated Fat(% Total Calories)	6-8 <710	<710
	9-12 <740	<740
	K-12 <10	<10
Trans Fat	0	0

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.

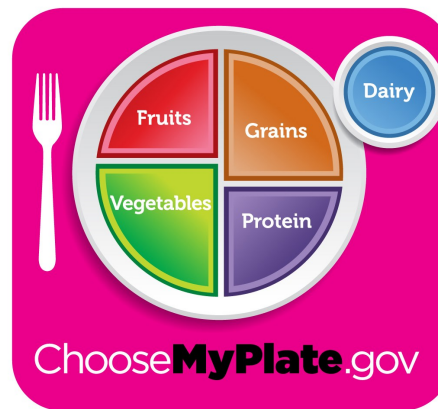
The following data is a summary from the assessment of our physical activity environment. In addition we have formed a District Wellness Committee to assess needs and compile a wellness plan for the district.

Program/Activity	Elem.	Middle	High
Students Active At Least 50% of the time	Fully in place	Fully in place	Fully in place
Instruction for special health care needs	Partially in place	Partially in place	Partially in place
Provide physical education class	Fully in place	Fully in place	Fully in place
Adequate teacher/student ratio	Fully in place	Fully in place	Fully in place
Physical activity is enjoyable	Fully in place	Fully in place	Fully in place
Physical Education Safety Practices	Fully in place	Fully in place	Fully in place
Credentialed physical education teachers	Fully in place	Fully in place	Fully in place

* Research shows...

Intense physical activity programs have positive effects on academic achievement, including increased concentration, improved reading, mathematics, and writing test scores, and reduces disruptive behavior. (Curricular Physical Activity and Academic Performance, Pediatric Exercise Science)

Current knowledge strongly indicates that physical activity can benefit aspects of cognition, thereby favorably affecting educational outcomes. Recent literature reviews on physical activity or physical fitness and cognition have all reached the same conclusion physical activity favorably affects cognitive functioning. (Healthier Students Are Better-Learners by Charles E. Basch)



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.

* Nutritional Dairy Council

Cloverport Independent Schools will serve healthy meals to children with plenty of fruits, vegetables, whole grains, and low-fat milk. Our physical education program will provide a safe and healthy environment that promotes wellness through health education and physical education to enrich student learning and ensure success.

Cloverport Independent Schools are a full CEP district. All students receive free breakfast and lunch.