

**nutrition**  
the right balance of real foods



*Middlesboro Independent School District*

*Nutrition and Physical Activity Report Card*

*Report Date: December 12, 2016*

*SY 2015-2016*

*The Middlesboro Independent School District is dedicated to serving safe and nutritious meals and providing multiply 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 security to safeguard the health and wellbeing of our nation’s children.” School districts receive federal reimbursement for each school lunch served that meets the USDA nutrition guidelines. These guidelines promote meal quality, while commodity donations help the farmer and help schools keep down meal prices.

Federal regulations require that schools offer minimum portion sizes of meat, fruit and/or vegetables, grains/bread and fluid milk with each meal. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow 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. We offer 2%, 1% and skim milk, as well as 100% fruit juices.

The table below provides a synopsis of our meal programs for SY 2015-2016.

**(Our District Lunch Program July 1, 2015 thru June 30, 2016)**

<b>Federal Reimbursement YTD:</b>	<b>\$551,221.65</b>
<b># Schools Participating:</b>	<b>4</b>
<b>Total Lunch Served YTD</b>	<b>174,991</b>
<b>Average Daily Participation:</b>	<b>1,029</b>
<b># Students Approved Free Lunch</b>	<b>All Student Receive Free Lunch thru the CEP</b>
<b># Students Approved Reduced Lunch</b>	<b>NA</b>
<b>Lunch Prices</b>	<b>Adult \$3.50</b>

### School Breakfast Program

The School Breakfast Program was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the USDA 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.

### Our District Breakfast Program

The table below provides a synopsis of the **breakfast program**, including participation and financial data for SY 2015-2016

<b>Federal Reimbursement YTD:</b>	<b>\$265,875.94</b>
<b># Schools Participating</b>	<b>4</b>
<b>Total Breakfast Served</b>	<b>13,606</b>
<b>Average Daily Participation</b>	<b>785</b>
<b>Breakfast Prices:</b>	<b>Adult \$2.00</b>

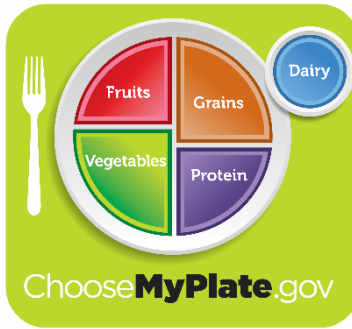
### After-School Snack Program

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 snack served to school-aged children. The table below provides a synopsis of the after-school program, including participation and financial data for SY 2015-2016.

Federal Reimbursement YTD	\$1,538.04
# School Participating	2
Total Snacks Served YTD	1,831
<b>AFTER-SCHOOL SNACKS ARE FREE TO ALL STUDENTS</b>	

### Offer –vs- Serve

Offer versus Serve is a provision that allow student to decline either one or two items they do not intend to eat. The provision is intended to reduce food waste in school nutrition programs. Schools offer all required meal components to all students. The SFA may allow students to decline one item at breakfast they do not intend to consume. It is the student’s decision which item they choose to decline. At lunch under Offer vs Serve, lunch is priced as a unit and student may take three, four or all five items for the same price. Students must take at least 3 food items for the meal to be reimbursable.



### Nutrition Analysis

Average over the course of a month, lunch menus offered in our school compared to nutritional targets as follows: **The analysis is an average of K-12**

Nutrient	Target	Actual
Calories	743	830
Iron (mg)	3.30 mg	5.12mg
Calcium (mg)	270mg	5.18mg
Vitamin A (re)	1119	3563
Vitamin C (mg)	15mg	25.6mg
Protein (g)	10g	31.6g
Total Fat	30% of Cal.	29.56%
Total Saturated Fat	10% of Cal.	10.8%

### 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.

***“Promoting healthy and safe behaviors among students is an important part of the fundamental missions of schools.” School Health Index-Center for Disease Control (CDC)***

#### School Physical Activity Environment Assessment

Provide:	Elementary	Intermediate	Middle	High
Daily Recess	Y	Y	Y	N
At least 150m PE per week	N	Y	Y	9 <sup>th</sup> grade 12 weeks
At least 225m PE	N	N	YES/PE	N
Classroom physical activity	Y	Y	N	N
Intramural physical activity	N	Y	N	N
Offer Facilities to families/community	Y	Y	Y	Y

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

*---Curricular Physical Activity and Academic Performance, Pediatric Exercise Science*

Good nutrition makes a vital contribution to physical development and cognitive performance. KDE administers several programs that deliver quality nutrition and nutrition education to Kentucky students and other citizens. In addition to the important mission of providing fuel for growth and learning, these programs bring into Kentucky more than \$150 million annually in federal reimbursement funds, employ several thousands of our fellow citizens and utilize thousands of dollars of commodities produced by American farmers. For far too many of our children, the meals that they receive through these programs are the only meals they receive that are planned with their nutritional need in mind. KDE

Middlesboro Board of Education

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