



Nutrition & Physical Activity Report Card 2012

**The Henderson 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 meals service. The portion sizes are designed to meet the needs of growing children. We make a concerted effort to offer whole grains as well as fresh fruits and vegetables every day. 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 skim milk as well as 100% fruit juices and bottled water.

An analysis of our lunch menus is found elsewhere in this report card and on the HCS Homepage.

The table below provides a synopsis of the lunch program, including participation and financial data.

	Lunch	Breakfast	Snack	SFSP
Federal Reimbursement 2010-2011	\$1,424,206	\$524,955	\$7,987	\$29,574
# Schools Participating	13	13	4	23 sites (schools + community)
Total Meals Served	804,888	423,149	9,754	28,335
Average Daily Participation	4,599	2,418		667
Cost of Food Used	\$1,847,480			
# Students Approved for Free Meals	3652			
# Students Approved for Reduced Meals	462			
Prices	Adult: \$3.25 Student Paid: \$1.55 Reduced: \$0.40	Adult: \$2.25 Student Paid: \$0.90 Reduced: \$0.30		

School Breakfast

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 nutrition guidelines.

Studies show that children who participate in the SBP have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

After-School Snack Program

The After-School Snack Program allows for programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snack served to school-age children.

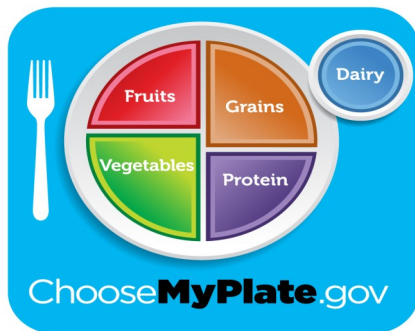
Summer Food Service Program

The Summer Food Service Program (SFSP) provides free breakfast and lunch to all students through age 18 at approved sites. By partnering with community organizations, we are able to feed children throughout the county.

Nutrient Analysis

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

Nutrient	Menu AVG	Target
Calories	654	664
Cholesterol (mg)	62	
Sodium (mg)	1534	
Fiber (g)	6.55	0.00
Iron (mg)	3.24	3.50
Calcium(mg)	443.5	286.0
Vitamin A (IU)	1436	1120
Vitamin A (RE)	255	224
Vitamin C (mg)	21.39	15.0
Protein (g)	35.18	10.0
Carbohydrate (g)	71.07	0.0
Total Fat (g)	38.23	< 30%
Saturated Fat (g)	7.98	< 10 %
Trans Fat (g)	0.01	



Wellness Events

National School Milk Day, September 30, 2010

National School Lunch Week, October 11-15, 2010

National School Breakfast Week, March 7-11, 2011

Intense physical activity programs have positive effects 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*

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School Physical Activity Environment Assessment

Program/activity	Elem	Middle	High
Provide daily recess	100%	N/A	N/A
Provide additional PA not exceeding 150 minutes per week	100%	N/A	N/A
Provide physical education	100%	100%	100%
Provide classroom physical activity integrated into school day	100%	N/A	N/A
Provide intramural physical activity opportunities	All	All	All
Offer facilities to families/community for physical activity opportunities	100%	100%	100%

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.

Comparison of Current and New Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Jan. 2012

National School Lunch Program Meal Pattern				
Food Group	Current Requirements K-12	Henderson County	New Requirements K-12	Henderson County
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	Compliant	¾ - 1 cup of vegetables plus ½ -1 cup of fruit per day Note: Students are allowed to select ½ cup fruit or vegetable under OVS.	Have added 1 additional serving of Fruit or Vegetable per day. We will offer these recommended servings beginning July 1, 2012.
Vegetables	No specifications as to type of vegetable subgroup	Compliant	Weekly requirement for: <input type="checkbox"/> dark green <input type="checkbox"/> red/orange <input type="checkbox"/> beans/peas (legumes) <input type="checkbox"/> starchy <input type="checkbox"/> other (as defined in 2010 Dietary Guidelines)	3 out of 5 weekly. We will be compliant beginning July 1, 2012.
Meat/Meat Alternate (M/MA)	1.5 – 2 oz eq. (daily minimum)	Compliant	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-10oz weekly) Grades 6-8 : 1 oz eq. min. daily (9-10oz weekly) Grades 9-12 : 1 oz eq. min. daily (10-12oz weekly)	Compliant

National School Lunch Program Meal Pattern

Food Group	Current Requirements K-12	Henderson County	New Requirements K-12	Henderson County
Grains	8 servings per week (minimum of 1 serving per day)	Compliant	Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12oz weekly)	Compliant
Whole Grains	Encouraged	Compliant	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.	Compliant: whole grain buns, sandwich bread, breadsticks, pizza crust, and some breadings are already menued. We offer brown rice and whole wheat pasta.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	Compliant	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)	Compliant

School Breakfast Program Meal Pattern

Food Group	Current Requirements K-12	Henderson County	New Requirements K-12	Henderson County
Fruit	1/2 cup per day (vegetable substitution allowed)	Compliant	1 cup per day (vegetable substitution allowed) <small>Note: Quantity required SY 2014-15. Students are allowed to select 1/2 cup of fruit under OVS.</small>	Most days we meet this. We will be compliant beginning July 1, 2012.
Grains and Meat/ Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternate, or 1 of each per day	Compliant	Daily min. and weekly ranges for grains: Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12: 1 oz eq. min. daily (9-10 oz weekly) <small>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</small>	Compliant
Whole Grains	Encouraged	Compliant	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.	Compliant: whole grain toast and cereal. Beginning July 1, 2012, we will be fully compliant.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	Compliant	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)	Compliant

Nutrient Standards (current)			New Standards K-12		
Sodium	Reduce, no set targets	Henderson Lunch 1534mg avg Breakfast 662mg avg	Target 1: SY 2014-15 Lunch ≤1230 mg(K-5); ≤1360mg(6-8); ≤ 1420mg(9-12) Breakfast ≤540mg(K-5); ≤600mg(6-8); ≤ 640mg(9-12)	Target 2: SY 2017-18 Lunch ≤935mg(K-5); ≤1035mg(6-8); ≤ 1080mg(9-12) Breakfast ≤485mg(K-5); ≤535mg(6-8); ≤ 570mg(9-12)	Target 3: SY 2022-23 Lunch ≤640mg(K-5); ≤710mg(6-8); ≤ 740mg(9-12) Breakfast ≤430mg(K-5); ≤470mg(6-8); ≤ 500mg(9-12)
Calories (min. only)	Traditional Menu Planning Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)	Henderson Lunch: 654 (elem) 742 (sec) Breakfast: 487 (K-12)	Calorie Ranges (min. & max.)	Only food-based menu planning allowed. Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)	
Saturated Fat	≤10% of total calories	7.98% avg		≤10% of total calories	
Trans Fat	No limit	0.1 avg		New specification: zero grams per serving (nutrition label)	