

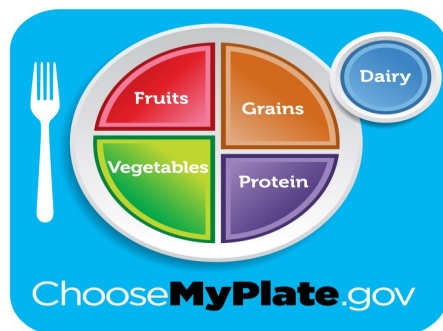
## Nutrient Analysis

Averaged over the course of a week, lunch menus offered in our schools provide the following and are compliant with the new meal patterns as established by the Healthy Hunger Free Kids Act of 2010 as designated by age group:

	Menu AVG	Target
<b>K-5</b>		
Calories	637	550-650
Saturated Fat %	6.99	<10%
Sodium (mg)	1147	*1230
<b>6-8</b>		
Calories	664	600-700
Saturated Fat %	6.22	<10%
Sodium (mg)	1297	*1360
<b>9-12</b>		
Calories	808	750-850
Saturated Fat %	6.61	<10%
Sodium (mg)	1682	*1420

\* Target 1 for SY 2014-2015

Specific item nutrient details are available at <http://www.newweb.henderson.kyschools.us/Students/SchoolMenu.aspx>



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*

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

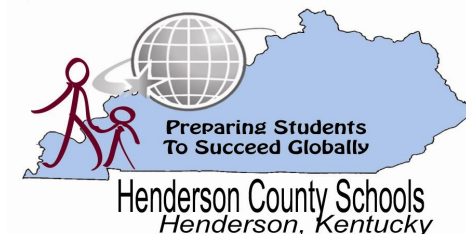
School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	100%	N/A	N/A
Provide additional PA not exceeding 150 minutes per week	100%	N/A	N/A
Provide physical education	100%	100%	100%
Provide classroom physical activity integrated into school day	100%	N/A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

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## Nutrition & Physical Activity Report Card For SY 2012-2013



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 Healthy Hunger-Free Kids Act of 2010 marked the first major change in the National School Lunch Program (NSLP) since 1946. The new regulations challenged all districts to focus more intently on the culture of nutrition in our schools. School districts who meet the new Meal Pattern guidelines are eligible to receive an additional \$0.06 cents in federal reimbursement from the United States Department of Agriculture. 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 daily minimum portion sizes as well as age specific calorie ranges. The portion sizes are designed to provide 1/3 of the RDA for children based on age groups. 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, <http://www.newweb.henderson.kyschools.us/Students/SchoolMenu.aspx>

Federal Reimbursement 12/13	\$1,777,492
# Schools Participating	13
Total Lunches Served	888,382
Average Daily Participation	5076
Cost of Food Used	\$2,064,824
# Students Approved for Free Meals	3944
# Students Approved for Reduced Meals	485
Lunch Prices	Adult: \$3.25 Student Paid: \$1.85 Reduced: \$0.40

## 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.

Federal Reimbursement 12/13	\$614,633
# Schools Participating	13
Total Breakfasts Served	397,956
Average Daily Participation	2274
Breakfast Prices	Adult: \$2.25 Reduced Price: \$0.30 Paid: \$1.00



## Summer Food Service Program

Bridging the gap when school is not in session, SFSP provides breakfasts, lunches, suppers, and snacks to Kentucky children. Henderson County has participated in this program for 15+years.

Federal Reimbursement 12/13	\$68,593
# Sites Participating	28
Total Meals Served	23,704
Average Daily Participation	593
Meal Prices	Students free Adult Breakfast \$2.00 Adult Lunch \$3.00

## 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. Four of our schools, South Heights, North Middle, South Middle, and HCHS, currently qualify for this program.

Federal Reimbursement	\$12,664
Total Snack Served	16,236
Average Daily Participation	108

A list of food and beverage items available to students at meal times can be downloaded from our web site at <http://www.newweb.henderson.kyschools.us/Students/SchoolMenu.aspx>

Food and beverage items that are sold as extras on the cafeteria lines 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 school may sell competitive food or beverages from the time of the arrival of the first student at the school building until thirty (30) minutes after the last lunch period. (KRS 158.854)