

## Nutrient Analysis

*Nutrient analysis is available for purchased food (CRS One Source) and dairy products/beverages (Prairie Farms Dairy) sold through the School Breakfast and National School Lunch Programs. This information is available for public inspection in the office of the Food Service Director, Dawson Springs Community Schools.*



## Physical Activity and 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 behavior among students is an important part of the fundamental mission of schools.”

School Health Index—Centers for Disease Control

School Physical Activity Environment Assessment			
Program/Activity	Elem	Middle	High
Provide Daily Access	100%	N/A	N/A
Provide at least 150 minutes of physical education per week	100%	N/A	N/A
Provide at least 225 minutes of physical education	N/A	N/A	N/A
Provide classroom Physical activity integrated into school day	90%	N/A	N/A
Provide intramural physical activities opportunities	N/A	N/A	N/A
Offer facilities to families/community for physical activity opportunities	N/A	N/A	N/A

**The data presented above is a summary from the assessment of our physical activity environment.**

**The Elementary playgrounds are modern, safe and available to all Elementary students on a year-round basis.**

Dawson Springs Independent School District  
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Dawson Springs, KY 42408

Phone: 270-797-3811

**Dawson Springs  
Independent School  
District**



## **Nutritional and Physical Activity Report Card 2015**

The Dawson Springs Community Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as means of helping our students reach proficiency. We are a CEO school. We serve breakfast and lunch to students at  
**NO CHARGE**

## National School Lunch

The National School Lunch Program (NSLP) was conceived in 1946 as a “measure of national security to lifeguard 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. While adults are encouraged to eat school meals, no federal reimbursement is received for adult meals.

Federal regulations require that we offer minimum portion sizes of meat, fruit, and/or vegetable, grains/breads and liquid milk during every meal service. The portion sizes are designed to meet the needs of growing children and we adhere to federal recommendations on portion sizes. We make a concerted effort to offer whole grains at least twice a week and we offer a variety of fruits and vegetables every day. Students are encouraged to make wise choices and include fruits and vegetables in their school meals. The menu provides for variety and allows us to make the most efficient use of the donated commodities .especially seasonal fresh fruits. We offer 1% and skim milk, as well as 100% fruit juices.

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

Federal reimbursement	\$224,507369`
# Schools Participating	2
Total Lunches Served	93,953
Average Daily Participation	537
Cost of Food Used	\$158,616.79,
# Students Approved for Free Meals	76.59%
# Students Approved for Reduced-price Meals	
# Students Approved for Paid Meals	23.41%
Lunch Price	Adult: \$2.75

## 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 State Department of Agriculture’s nutritional 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.

Federal Reimbursement	\$109,616.50
# Schools Participating	2
Total Breakfasts Served	72,443
Average Daily Participation	414
Breakfast Prices	Adult Price: \$1.20



*Dr. J. Larry Brown, Tufts University school of Nutrition*



We DO NOT contract with retail establishments to provide entrée items, such as pizza, hamburgers and sub sandwiches. Food and beverage items that are sold as extras, on the cafeteria lines or through vending machines or school stores, 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 sales from machines or school stores take place until 30 minutes after the end of the last lunch period.

A USDA study showed student who eat school meals are more 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.