

Nutrient Analysis

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

Nutrient	Target	Actual
Calories	850	804
Iron (Mg)	3.9 Mg	5.14 Mg
Calcium (Mg)	370 Mg	382 Mg
Vitamin A (RE)	250 RE	705 RE
Vitamin C (Mg)	17 Mg	64 Mg
Protein (G)	15 G	30G
Total Fat (G)	30% of Calories	29%
Saturated Fat (G)	10% of Calories	8.61%



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 assessment scores and the physical well-being of students.

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	✓		
Provide at least 150 minutes of physical education per week	✓		
Provide at least 225 minutes of physical education per week		✓	✓
Provide classroom physical activity integrated into school day	✓	✓	✓
Provide intramural physical activity opportunities	✓	✓	✓
Offer facilities to families/ community for physical activity opportunities	✓	✓	✓

*At least 50% of our high school students participate in some type of sports-related activity/extra-curricular program, (e.g. football, basketball, soccer, marching band).

The data presented above is a summary from the assessment of our physical activity environment. We have eight certified physical education teachers in our district as well as walking clubs, intramurals, and summer programming that includes physical activities.

Family Resource Centers, business partners & parent groups have been instrumental in improving & coordinating playground improvement district wide. As a result, our playgrounds are modern, safe and available to the public at-large on a year-round basis.



Marion County Public Schools Nutrition & Physical Activity Report Card 2013-14



MCPS is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students make their dreams come true!

www.marion.kyschools.us

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 basically planned on a four-week menu cycle with some exceptions that are usually focused on seasonal holidays and special school events. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every meal served. 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 offer fresh fruits and vegetables every day. Students are allowed to serve themselves all the fresh fruits and vegetables they will eat. 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 1% and skim milk, as well as 100% fruit and vegetable juices.

An analysis of our lunch menus is found elsewhere in this report card.

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

Federal Reimbursement	939,256
# Schools Participating	7
Total Lunches Served	463,073
Average Daily Participation	2678
Cost of Food Used	\$886,346
# Students Approved for Free Meals	1709
# Students Approved for Reduced-price Meals	314
# Students approved for Paid Meals	1189
Lunch Prices	Adult: \$3.00 Reduced-price: \$.40 Paid: \$2.05/\$2.15/\$2.20

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture 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.

Federal Reimbursement	290,753
# Schools Participating	7
Total Breakfasts Served	206,337
Average Daily Participation	1192
Breakfast Prices	Adult Price: \$1.75 Student Reduced-price: \$.30 Student Paid: \$1.00



After-School Snack Program

The After-School Snack Program allows students who are enrolled in the 21st Century Learning Program as well as after-school tutoring to be provided with afternoon snacks.

Federal Reimbursement	\$4,860
Total Snacks Served	5388
Average Daily Participation	33

Summer Feeding

Over 14,000 meals (including AM/PM snacks, lunch, and supper) in 22 locations in two counties.



We do not contract with retail establishments to provide entrée items, such as pizza and sub sandwiches.

Our menus with nutritional information can be downloaded from our website at:

www.marion.kyschools.us

Our menu items, as well as 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 sales from machines or school stores take place until 30 minutes after the lunch period ends.

A USDA study showed students 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.

--National Dairy Council