

The new USDA meal pattern for school lunch sets minimum portion requirements for the five meal components: meat/meat alternates, grains, vegetables, fruits and milk. Minimum and maximum calorie levels are required for each grade level group. Limits on saturated fat, trans fat and sodium are also specified.

EIS lunch menus have been certified as meeting the new nutritional standards. Weekly (per day)

Lunch Meal Pattern Weekly and Daily Requirements	Target Grades K-5	EIS Lunch Menus Grades K-5
Calories Average for 5 Day Week	550-650	✓
Meats/Meat Alternates	8 oz. (1 oz.)	✓
Grains (1/2 total offerings must be whole grain rich)	8 oz. (1 oz. eq)	✓
Fruits (cups)	2 1/2 (1/2)	✓
Vegetables (cups)	3 3/4 (3/4)	✓
Dark Green	1/2	
Red/Orange	3/4	
Beans/Pears	1/2	
Starchy	1/2	
Other	1/2	
Additional to reach total	1	
Milk (cups) low-fat or fat free unflavored, fat free flavored	5 (1)	✓
Saturated Fat (% of total calories)	< 10 %	✓
Trans fat	0	✓
Sodium (mg) target	< 640	✓

NUTRITION SERVICES CONTINUATION
PLAN 2018: EIS Nutrition Services staff will continue to meet the National School Breakfast meal pattern in accordance with USDA guidelines.

"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)

Program/activity	Elementary	Middle	High	Pre-K
% of students involved in non-structured recess	100% HH MIES	N/A	N/A	100%
Number of minutes of classroom structured daily physical activity	30	30	N/A	30
Number of minutes of PE per week	55 60	46	NA	NA
Percent of students enrolled in PE	100%	100%	38%	NA

Our District has implemented 2 policies that will help our students achieve better NUTRITION and BETTER HEALTH. All of our campuses are now Tobacco Free. All of our school celebrations will meet the guidelines set forth by the USDA Healthy Snacks program.

In the 2017/2018 school year we implemented CEP in all of our schools except the High School. Our Breakfast participation is over 60% Lunch is over 80%.



Elizabethtown Independent Schools Nutrition Services

Healthy Students Bright Future

Nutrition & Physical Activity Report Card

2018



Elizabethtown schools are dedicated to serving nutritious meals and to providing multiple physical activities as a means of teaching our students to adopt a healthy lifestyle.

Visit our website at: www.eltown.kyschools.us



Health Inspections: All kitchens are HACCP compliant and inspected by the local health department twice a year. Fall of 2017 all kitchens received 100% on Health Inspections.

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 nutrition programs 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 assist the farmer and help schools keep down meal prices

EIS menu cycles support the USDA "MyPlate" initiative. We feature a colorful variety of fruits and vegetables, whole grain breads and pastas, portion controlled protein filled entrees and fat free milk. Our "homemade" student approved recipes include fresh, high quality ingredients.

A la carte items are carefully selected to meet current federal and state guidelines.

The New SMART SNACK PROGRAM IS FOLLOWED IN ALL OF OUR SCHOOLS..

Students with special dietary needs must have a doctor's statement on file with their school Nutrition Services Manager. (7CFR 15B)

The following tables provide a financial synopsis of our meal programs for (2016/2017)

Federal Reimbursement for lunch	\$615,562
# Schools/Sites Participating	5
Total Lunches	279,231
Average Daily Participation	1,545
Cost of Food Used For All Meals	\$625,500
# Students Approved for Free Meals	1980
# Students Approved for Reduced-price Meals	49
# Students Approved for Paid Meals	421
Lunch Prices Panther Academy /Morningside/TK/Helmwood/Valley View, FREE CEP, EHS: \$2.25	Adult: \$3.50 Student Reduced-price: \$.40 High School only

School Breakfast

The School Breakfast Program (SBP) 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. We Started a 2nd chance Breakfast program at the High School this year. We have a least 85 more students getting the nutrition that they need.

(2016/2017)

Federal Reimbursement for breakfast	\$281,783
# Schools /Sites Participating	5
Total Breakfasts Served	166,996
Average Daily Participation	943
Breakfast Prices Panther Academy/MS/TK/Helmwood/Valley View FREE CEP EHS: \$1.25	Adult Price \$2.00 Reduced-price: \$.30 High School Only

Summer Feeding at Morningside Elementary

Our district started summer feeding in June and July of 2016. Our response was outstanding. We served over 8,500 meals in our first summer of operation. We are committed to the continuation of our summer meal program. We think it will continue to grow and flourish in the future. In our 2nd summer we served over 15,000 meals.

After-School Snack Program The EIS After-School Snack Program served students participating in programs at Panther Place and M.E.S./TK After School Care Program.

Federal Reimbursement for snacks	15,975
Total Snacks Served	18,560
Average Daily Participation	124



The EIS Coordinated School Health

Committee is currently working with a representative from the Alliance for a Healthier Generation to assess the Wellness Policy at each school. Additionally, the district committee has partnered with the Lincoln Trail Health Department to evaluate and update the EIS Student Welfare and Wellness Policy.

As seen in the photo above, our Panther Academy School (pre-K and Kindergarten) received 2 National Awards. The Bronze award from Healthier Generation and National Award for being an Active School. We have also added our Middle School T.K. Stone to the schools that have been awarded the Bronze award nationally.

We serve up educational programs and meal promotions to prove good nutrition can be FUN.

PROMOTIONS FOR 2017/2018

- Welcome Back – September
- National School Lunch Week – October
- Goblins in the Kitchen – October
- Thanksgiving Dinner – November
- Holiday Dinner – December
- National School Breakfast Week - March
- Derby Party – May



Snapshot Report - District Results Summary

These data reflect the most current complete assessment submissions as of April 3, 2017

District: Elizabethtown Ind Sch Dist (KY)
HSP Type: All HSP Schools



District Overview (All HSP Schools)

HSP enrollment		District	
Onsite	Online	Total	% HSP
5	0	5	100.0%

Assessment responses by school level				
Elementary	Middle	High	K-12	
3	1	1	0	

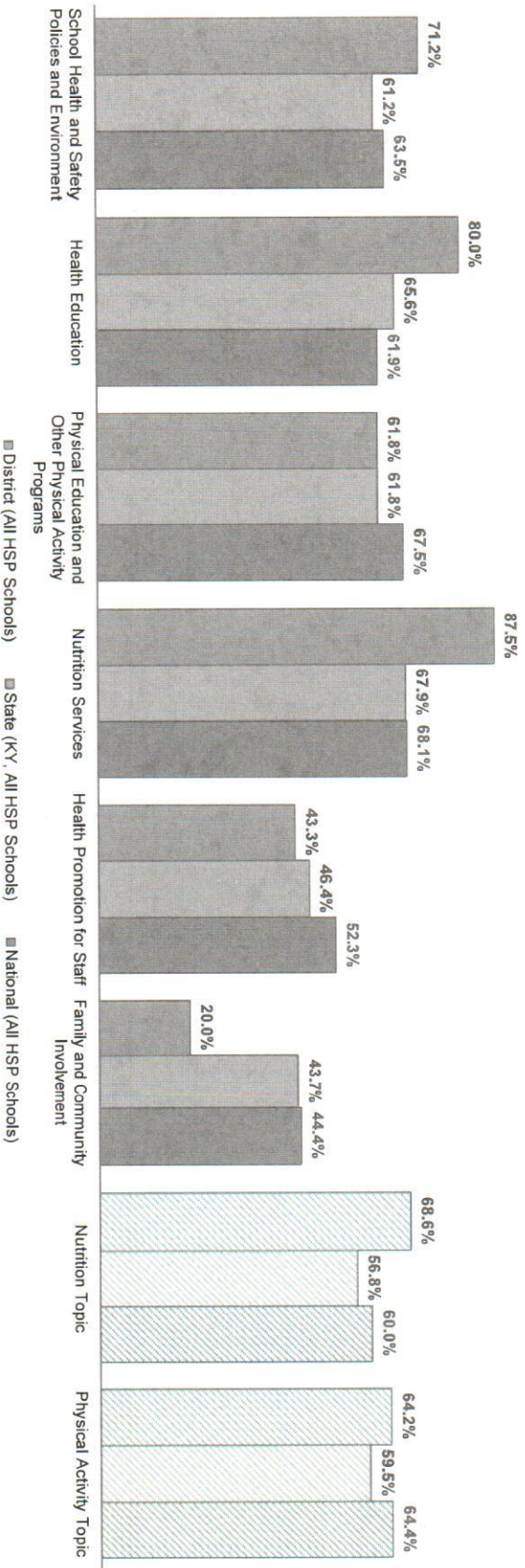
Overall award eligibility				
None	Bronze	Silver	Gold	
3	2	0	0	

Schools completing at least one assessment			
Onsite	Online	HSP Schs.	%
5	0	5	100.0%

Schools completing assessment in current SY			
Onsite	Online	HSP Schs.	%
2	0	5	40.0%

Schools with action plans			
Onsite	Online	HSP Schs.	%
5	0	5	100.0%

Percentage of Items Fully Met on Current Assessments



This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent SHI assessment by module or topic to the total number of assessment items that **could be fully implemented** for all schools with a completed assessment by module or topic within the district, state or nation. Note that a school does not need to be fully meeting in all assessment items to be eligible for a Healthy Schools Award. Nutrition and Physical Activity topics refer to the collective assessment questions pertaining to the specific topics.

Snapshot Report - District Results Summary

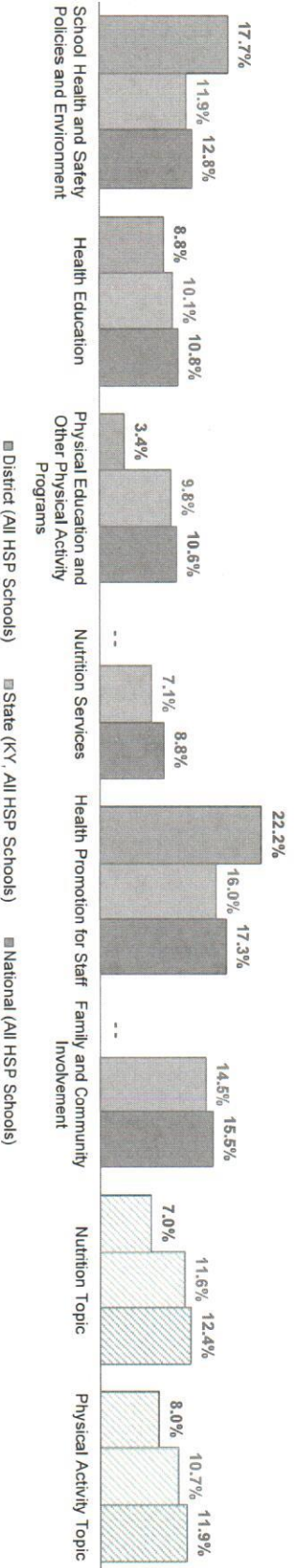
These data reflect the most current complete assessment submissions as of April 3, 2017

District:
HSP Type:

Elizabethtown Ind Sch Dist (KY)
All HSP Schools



Action Plan Item Selection Rate



This graph compares the total number of action items **selected and in progress** by module or topic to the total number of action items that **could be selected** for all schools with an action plan by module or topic within the district, state, or nation.