



## Breathitt County Schools

### **2018-2019** **School Nutrition Report Card**

The Breathitt County School district and its food service employees are dedicated to providing nutritious and well-balanced meals to all students and faculty. We currently provide meals to approximately 1,875; Preschool – 12<sup>th</sup> grade students across the district.

Our foodservice staff currently consists of 27 full-time certified cook/bakers, four custodians, and a School Nutrition Director/Registered Dietitian.

The Breathitt County School District currently participates in the following federal food service programs:

**Community Eligibility Program (CEP) – FREE Meals for ALL Children**  
**National School Lunch Program**  
**National School Breakfast Program**  
**Afterschool Snack Program (21<sup>st</sup> Century – BHS)**  
**Fresh Fruit & Vegetable Program (Grant for Elementary only)**  
**Summer Feeding Program**

#### **Community Eligibility Program (CEP)**

The Community Eligibility Program began at the start of the 2012-2013 school year. This program provides a free breakfast and lunch to all children in our district; regardless of parent/guardian income. Our claiming percentage is over 100%; therefore every reimbursable meal that we serve is reimbursed at the free rate. The reimbursement rates are currently \$2.14 for breakfast, \$3.39 for lunch, and 91 cents for a snack. A la carte items can be purchased outside the reimbursable meal as well as adult meals. Adult meal prices are \$2.50 for breakfast and \$4.00 for lunch.

## **National School Lunch Program**

The National School Lunch Program was established 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 funds for each school lunch served that meets USDA guidelines. Our meals are planned on a three week menu cycle. The table below provides a synopsis of our 2017 – 2018 lunch program. Federal regulations require that we offer minimum portion sizes of meat, grains/breads, fruit and/or vegetable, and fluid milk during every lunch meal service. The portion sizes and calorie ranges are designed to meet the needs of the children and increase as the child gets older. The menu cycle allows for variety and encompasses foods that the children really like. We offer a variety of milks and free potable water. Our district menus are certified to reflect new changes and target nutritional goals as established by the USDA. Calorie ranges and requirements increase with the grade levels. Portion sizes for some menu items – in particular; at the high school may be more. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 100% of the grains served must be whole grain rich, a variety of fresh and canned fruits are offered along with 100% fruit juice, all vegetable subgroups are being met, and a variety of 1% flavored and unflavored milk are being served.

<b>Federal Reimbursement</b>	<b>\$860,206.11</b>
<b># of Schools Participating</b>	<b>5</b>
<b>Total Reimbursable Lunches Served</b>	<b>259,881</b>
<b>Average Daily Participation</b>	<b>1,538 (80%)</b>

## **National School Breakfast Program**

The National School Breakfast Program was established in 1966. School districts receive federal reimbursement funds for each breakfast served that meets USDA guidelines. Previous studies have shown that children who participate in the School Breakfast Program have significantly higher test scores than non – participants. Our breakfast meals are also planned on a two week menu cycle. The table below provides a synopsis of our 2017 – 2018 breakfast program. Calorie ranges and requirements increase with the grade levels. All regulations are being met by the district and calorie averages are based on weighted values of how many students will choose what menu items and meal participation. 100% of the grains served are whole grain rich, a variety of fresh fruits and orange juice are offered, and a variety of 1% flavored and unflavored milk are being served.

<b>Federal Reimbursement</b>	<b>\$405,635.56</b>
<b># of Schools Participating</b>	<b>5</b>
<b>Total Reimbursable Breakfasts Served</b>	<b>194,084</b>
<b>Average Daily Participation</b>	<b>1,148 (60%)</b>

	Breakfast Meal Pattern			Lunch Meal Pattern		
	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades 9-12</i>	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades 9-12</i>
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1 ½
Grains (oz eq)	Minimum 7 (1)	Minimum 8 (1)	Minimum 9 (1)	Minimum 8 (1)	Minimum 8 (1)	Minimum 10 (2)
Meats/Meat Alternates (oz eq)	0	0	0	Minimum 8 (1)	Minimum 9 (1)	Minimum 10 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 540	≤ 600	≤ 640	≤ 1,230	≤ 1,360	≤ 1,420
<i>Trans fat</i>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.					

### **Summer Feeding Program**

The Summer Feeding Program was created to ensure that children in low – income areas could continue to receive nutritious meals during their summer vacations. All children 18 years or younger can receive these meals. We offer a combination of breakfast, lunch, supper, and snacks. These meals are served at schools, churches, and parks. The table below provides a synopsis of our 2017 -2018 summer feeding program for June and July of 2018.

# of Sites	8 (41 Days)
# of Meals Served	12,357
Average Daily Participation	301
Federal Reimbursement	\$41,842.16

### **Afterschool Snack Program**

Breathitt High School currently operates the afterschool snack program through a collaboration with the 21<sup>st</sup> Century Grant. The snack is offered after school to all participants from Monday – Thursday or when the 21<sup>st</sup> century program operates.

### **Fresh Fruit & Vegetable Program**

During the current school year, all three of our elementary schools were chosen to participate in the Fresh Fruit & Vegetable Program. Grant monies were awarded to purchase healthy fruits/vegetables to be served as snacks. Every student at these schools receive a free, healthy, fresh, and nutritious daily snack at their schools. Highland Turner received \$10,750, LBJ received \$30,550 and MRC received \$14,750. The middle and high schools aren't eligible for this grant.

### **A la carte Items**

A la carte items are priced and made available to students during breakfast and lunch. Any items that can be counted as a meal component of a reimbursable meal can be sold as a la carte under the federal breakfast and lunch program. This would include any extra item that is on our breakfast or lunch menu. We also sell water, 100% fruit/vegetable juices, and other items that are “Smart Snack” compliant.

## **School Stores & After School Functions**

Our school stores must wait at least 30 minutes after the last lunch period ends to sell items that also meet the nutritional guidelines. The principals have a pre-approved list from Gordon Food Services for food items that meet the Smart Snack guidelines. Once the school day ends – no nutritional guidelines must be followed. Regular soda's, candy, cakes, and etc. can be sold at after-school functions and at concession stands, etc.

## **Assessment Tools**

The school district and individual schools complete the assessment tool on the Alliance for a Healthier Generation website at <https://schools.healthiergeneration.org/> to complete their annual assessment on nutrition and physical activity for their locations. The results are used to make improvements to their wellness policies, district, and schools.

**Summary & General Recommendations**  
**For Improving the Nutrition & Physical Activity Environment**

- The 2017-2018 school year was our fifth year participating in the CEP program and it continues to be very successful. All children are getting a free breakfast & lunch and we look forward to this program continuing.
- Our breakfast & lunch menus meet federal and state requirements and nutritional guidelines of the program. The meals are healthier with less fat, saturated fat, calories, sodium, sugar, and etc. A variety of milks, whole grain foods, and more fresh fruits and vegetables are being offered daily.
- The food service program underwent a state audit during the 2016-2017 school year and the audit went very well with no noted errors that would require fiscal action. The program is on a three year cycle and will be up for review again during the 2019-2020 SY.
- Principals and staff are becoming more and more aware of items that can be sold during the school day and of the competitive food guidelines. Healthy drinks and snacks are being sold to the students as a result.
- Physical activity is being promoted in all our schools - whether it's in the classroom, PE gym, or on the playgrounds during recess. The majority of our elementary schools do not have a certified PE teacher in the building; so that may be an area that needs improvement. LBJ Elementary is the only elementary with a certified PE teacher on staff.
- The Weekend Food Backpack Program began on December 20, 2013. Approximately 66 identified children are receiving a food bag with non-perishable food items to take home with them every other weekend to ensure they have food to eat. Several community organizations, businesses, and employees are committed to helping and food and monetary donations are being collected. We also received grant monies through a grant with Kentucky River Community Cares (KRCC) beginning in April 2015 - April 2018 which will also help us operate and expand this program.
- The district Wellness Policy is updated annually by the district Wellness committee as well. General recommendations are made to help improve the wellness environment in the district.
- The district also participates in the Farm to School Program. We currently incorporate "Cheesy Chicken Bread Bowls" on our lunch menu and are looking to add more new items. This product is made from sweet potatoes and squash that is grown in Kentucky.

If you have any questions/concerns regarding this report; please contact the following:

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