

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs

2018-2019

Lunch Pattern	Grades K-5		Grades 9-12
Meal Pattern			
Fruits (cups)	2 ½ (½)		5 (1)
Vegetables (cups)	3 ¾ (¾)		5 (1)
Dark Green	½		½
Red/Orange	¾		1 ¼
Beans/Peas	½		½
Starchy	½		½
Other	½		¾
Additional Vegetables	1		1 ½
Grains (oz. eq)	8-9 (1)		10-12 (2)
Meats/Alternatives	8-10 (1)		10-12 (2)
Fluid Milk (cups)	5 (1)		5 (1)
Min-Max Calories	550-650		750-850
Saturated Fat	<10		<10

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 readiness to learn and the physical well-being of students through proper nutrition.

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 at least 150 minutes of physical education per week	100%	N/A	N/A
Provide at least 225 minutes of physical education	N/A	25%	25%
Provide classroom physical activity integrated into school day	90%	30%	10%
Provide intramural physical activity opportunities	100%	100%	100%
Offer facilities to families/ community for physical activity opportunities	100%	100%	100%

We have certified physical education teachers. There is a registered nurse in school to provide a variety of services and resources for our students and staff.

All elementary schools have been instrumental in coordinating playground improvement district wide. Each elementary school with preschool has a separate playground.



Christian County

School District Nutrition & Physical Activity Report Card 2018-2019



The Christian 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 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 planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, are increased as the children grow older. We make a concerted effort to offer whole grains and 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 chocolate and white skim milk, as well as 100% fruit 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	\$3,938,582.48
# Schools Participating	12
Total Lunches Served	1,217,173
Average Daily Participation	7035
Cost of Food Used	2,916,337
Number of Employees	94
Lunch Price Christian County is a part of the Community Eligibility Provision and students eat at No Cost.	Adult: \$3.50 Student 0.00

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’s 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.

Federal Reimbursement	\$1,515,152.09
# Schools Participating	12
Total Breakfasts Served	741,076
Average Daily Participation	4284
Breakfast Prices Christian County is a part of the Community Eligibility Provision and students eat at No Cost	Adult Price \$2.50 Student 0.00



After-School Snack Program

The After-School Snack Program allows after-school care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snacks served to school-age children.

Federal Reimbursement	\$40827
Total Snacks Served	46392
Average Daily Participation	268



Our staff strive to make meal time fun and encouraging within the school culture.

The lunch menus are available to parents on our web site at www.christian.kyschools.us. Food and beverage items that are sold as extras on the cafeteria lines 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 take place until 30 minutes after the last 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