



Breathitt County Schools

2019-2020

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 1,904; Preschool – 12th grade students across the district.

Our foodservice staff currently consists of 26 full-time certified cook/bakers, three 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 (21st 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 \$2.20 for breakfast, \$3.50 for lunch, and 94 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 2018 – 2019 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.

Federal Reimbursement	\$897,085.53 (+\$37,000)
# of Schools Participating	4
Total Reimbursable Lunches Served	264,624 (+4,746)
Average Daily Participation	1,547 = 82% (+2%)

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 2018 – 2019 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 were 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.

Federal Reimbursement	\$456,422.80 (+\$51,000)
# of Schools Participating	4
Total Reimbursable Breakfasts Served	212,461 (+18,377)
Average Daily Participation	1,242 = 66% (+6%)

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
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)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
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
Trans fat	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 2018 -2019 summer feeding program for June and July of 2019.

# of Sites	7 (42 Days)
# of Meals Served	7,396
Average Daily Participation	176
Federal Reimbursement	\$25,788.77

Afterschool Snack Program

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

Fresh Fruit & Vegetable Program

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 \$11,300, LBJ received \$29,950 and MRC received \$14,650. 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 2018-2019 school year was our sixth 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 milk and fruits and vegetables are being offered daily. New guidelines for 19-20 are less stringent and ensure that at least half of all grains served, instead of 100% in prior years, contain at least 51% whole grain ingredients.
- The food service program is on a three year review cycle and will be audited again in March 2020.
- Principals and staff are becoming 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 schools do not have a certified PE teacher in the building; so that's an area that needs improvement.
- The Weekend Food Backpack Program began on December 20, 2013. Approximately 182 identified children are receiving a food bag with non-perishable food items to take home with them twice each month 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.
- 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" and Broccoli & Cheddar Soup from Custom Food Solutions on our lunch menu and are looking to add more new items. These products contain sweet potatoes and squash that are locally grown in Kentucky.
- The district will participate in the USDA Chefs in Schools program during the month of December 2019. A chef will visit the district and incorporate fresh items and commodities into school menus, develop recipes, conduct taste testing, and provide assistance as necessary.
- The annual average district meal participation continues to grow, with breakfast increasing 6% to 66% and lunch increasing 2% to 82%. Monthly meal participation is tracked and emailed to the superintendent, principals, and lunchroom managers. We expect participation to grow even more for the 19-20 SY.

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

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(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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District Summary of HSP Schools

Data as of 10/01/2019

Breathitt Co School District (KY)

<-- Choose District

Schools Enrolled in HSP

	Number	Percent
All HSP Schools	4	n/a
Onsite Schools	0	0%
Online Schools	4	100%

Schools Completing Assessment

	Number	Percent of Enrolled
All HSP Schools	3	75%
Onsite Schools	0	
Online Schools	3	75%

Schools Updating an Assessment this SY

	Number	Percent of Enrolled
All HSP Schools	3	75%
Onsite Schools	0	
Online Schools	3	75%

Assessment Completion by School Level Among All Schools Enrolled in HSP

	Number	Percent of Enrolled
Elementary	2	67%
Middle School	0	
High School	0	
Other	1	100%

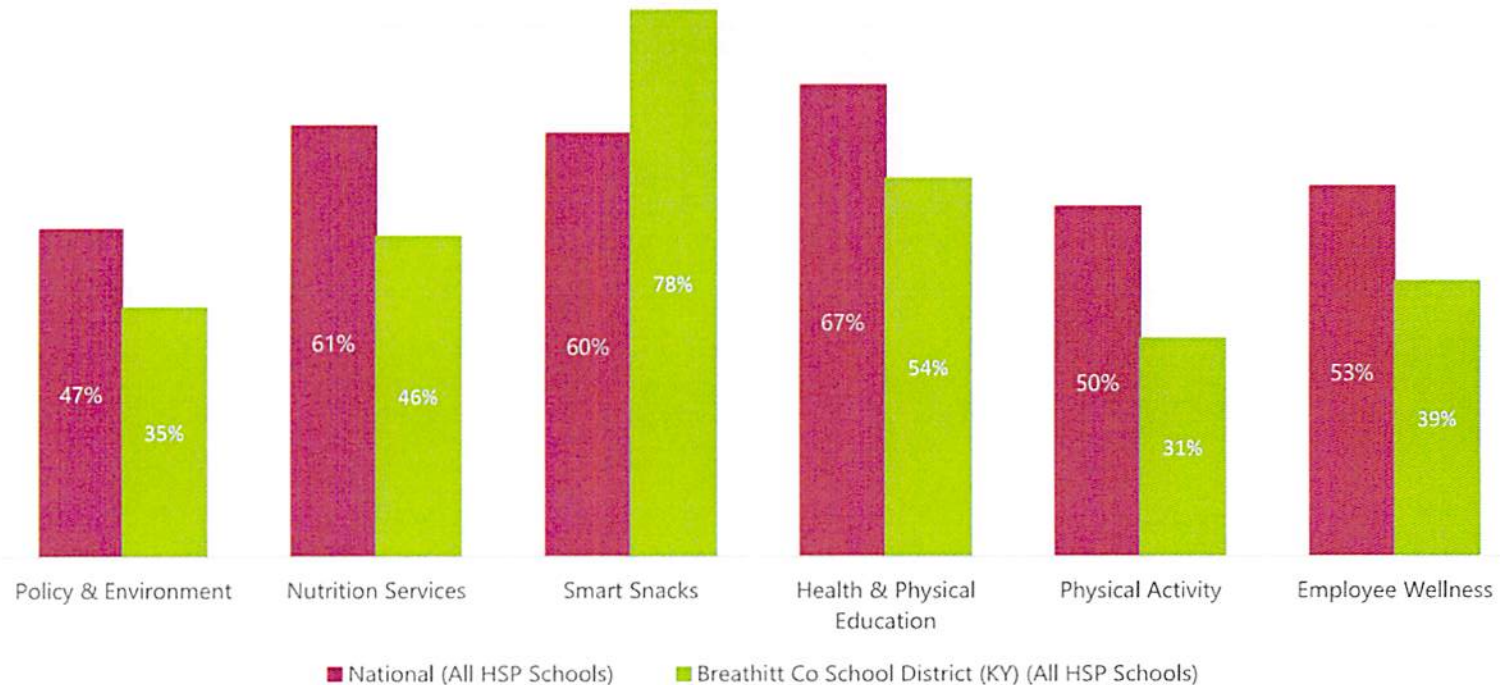
Schools Completing Topics

	Policy & Environment		Nutrition Services		Smart Snacks		Health & Physical Education		Physical Activity		Employee Wellness	
	Number	Percent of Enrolled	Number	Percent of Enrolled	Number	Percent of Enrolled	Number	Percent of Enrolled	Number	Percent of Enrolled	Number	Percent of Enrolled
All HSP Schools	3	75%	3	75%	3	75%	3	75%	3	75%	3	75%
Onsite Schools	0		0		0		0		0		0	
Online Schools	3	75%	3	75%	3	75%	3	75%	3	75%	3	75%

All HSP Schools

<-- Choose HSP type to tailor the chart and tables below

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 Healthier Generation Healthy Schools Program Assessment for each topic of the assessment to the total number of assessment items that could be fully implemented for all schools.

Policy & Environment (PO)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
PO-1	School has a representative committee or team that meets at least four times a year and oversees safety policies and programs.	2	50%
PO-2 (new)	Written school health and safety policies that include all components (listed in HSP Framework).	0	0%
PO-3	School has implemented all components of the LEA or district's wellness policy (listed in HSP Framework).	2	50%
PO-4 (new)	School day starts at 8:30 am or later. (middle and high school only)	0	0%
PO-5 (new)	School has a full-time, registered school nurse responsible for health services all day, every day.	1	33%
PO-6 (new)	School has a full-time counselor, social worker, and psychologist, and the recommended ratios are present (listed in HSP Framework).	1	33%
PO-7 (new)	School provides educational resources for families that address all of the parenting strategies (listed in HSP Framework).	0	0%
PO-8	Families have opportunities to be involved in all school decision-making processes for health and safety policies and programs.	3	75%
PO-9 (new)	School partners with local community organizations, businesses, or local hospitals to engage students and their families in all health promotion activities.	1	33%
PO-10 (new)	School works with community-based, out-of-school programs (e.g., Boys & Girls Clubs, 21st Century Community Learning Centers, Parks and Recreation) to develop and implement routine activities that promote health for all participating students.	1	33%

Nutrition Services (NS)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
NS-1	School offers school meals (both breakfast and lunch) programs that are fully accessible to all students.	4	100%
NS-2 (new)	School uses strategies to maximize participation in the school breakfast program.	1	33%
NS-3 (new)	School provides multiple alternative points of sale for reimbursable meals, such as outside lines, kiosks, grab and go options, reimbursable vending options, to maximize participation in the National School Lunch Program.	1	33%
NS-4	School meals include a variety of offerings that meet six to eight criteria (listed in HSP Framework).	4	100%
NS-5	School promotes healthy food and beverage choices and school meals using (10 or more) marketing and merchandising techniques (listed in HSP Framework).	0	0%
NS-6	All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements.	4	100%
NS-7	Venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables.	0	0%
NS-8	Nutrition services staff members use three or more methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom (listed in HSP Framework).	0	0%
NS-9	Both students and family members have opportunities to provide suggestions and feedback for school meal programs and other food and beverages sold, served and offered on the school campus.	1	25%
NS-10	School prohibits giving students food as a reward and withholding food as punishment, and both prohibitions are consistently followed.	4	100%
NS-11	Students have at least ten minutes to eat breakfast and at least twenty minutes to eat lunch, counting from the time they are seated.	2	50%
NS-12	School is implementing four to five Farm to School activities (listed in HSP Framework).	0	0%

Smart Snacks (SS)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
SS-1	All competitive foods sold during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell competitive foods at our school.	4	100%
SS-2	All competitive beverages sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell competitive beverages at our school.	4	100%
SS-3 (new)	Only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards are advertised or promoted, or no foods and beverages are advertised or promoted on school campus.	3	100%
SS-4	All foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not serve or offer additional foods or beverages at our school.	2	50%
SS-5	All foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell foods and beverages during the extended school day at our school.	3	75%
SS-6	All foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not serve or offer foods and beverages during the extended school day at our school.	3	75%
SS-7	All fundraising efforts sell only non-food items, or all foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.	2	50%

Health & Physical Education (HPE)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
HPE-1	150 minutes or more of physical education per week for all students in each grade throughout the school year. (elementary school only)	2	67%
HPE-2	Physical education is required for all academic years. (middle and high school only)	0	0%
HPE-3	All teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education and the district's requirements for physical education.	3	75%
HPE-4	Teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions.	3	75%
HPE-5	All teachers of physical education are required to participate at least once a year in professional development in physical education.	4	100%
HPE-6 (new)	All teachers of physical education are provided with at least eight kinds of these materials (listed in HSP Framework).	1	33%
HPE-7	All physical education classes taught by licensed teachers who are certified or endorsed to teach physical education.	2	50%
HPE-8	Students receive health education instruction in all grades. (elementary school only)	2	67%
HPE-9	School or district requires all students to take an pass at least one health education course. (middle and high school only)	1	100%
HPE-10	Health education curriculum address all the topics on physical activity (listed in HSP Framework).	1	25%
HPE-11	Health education curriculum address all the topics on healthy eating (listed in HSP Framework).	0	0%
HPE-12	All teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health.	2	50%

Physical Activity (PA)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
PA-1	Recess is provided for at least twenty minutes each day, and teachers or recess monitors encourage students to be active. (elementary school only)	1	33%
PA-2	All students are provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods.	1	25%
PA-3	School promotes or supports walking and bicycling to and/or from school in six or more ways (listed in HSP Framework).	0	0%
PA-4	School offers opportunities for all students to participate in physical activity, before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity).	1	25%
PA-5 (new)	All classroom teachers are required to participate at least once a year in professional development on promoting and integrating physical activity in the classroom.	0	0%
PA-6	Using physical activity as punishment and withholding physical education class as punishment are prohibited, and both prohibitions are consistently followed.	4	100%
PA-7	Withholding recess as punishment is a written policy and this prohibition is consistently followed. (elementary school only)	2	67%
PA-8	Both indoor and outdoor facilities are available outside of school hours.	0	0%

Employee Wellness (EW)		Assessment Responses	
Question Number	Question Text	Current Assessment	
		# Fully Implementing	% Fully Implementing
EW-1	Health assessments are offered, and all staff members find them accessible and free or low-cost.	4	100%
EW-2	School or district offers staff members accessible and free or low-cost physical activity/fitness programs.	2	50%
EW-3	School or district offers staff members healthy eating/weight management programs that are accessible and free or low-cost.	0	0%
EW-4	School or district uses three or more methods to promote and encourage staff member participation in its health promotion program (listed in HSP Framework).	2	50%
EW-5 (new)	Stress management programs are offered, and all staff members find them accessible and free or low-cost.	0	0%
EW-6	All foods and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA's Smart Snacks in School nutrition standards.	1	25%