

Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	785	782
Iron (Mg)	4.2 Mg	3.07 Mg
Calcium (Mg)	370 Mg	468.8 Mg
Vitamin A (RE)	285 RE	499 RE
Vitamin C (Mg)	17 Mg	37.11 Mg
Protein (G)	15 G	26.16 G
Total Fat (G)	30% of Calories	21.98%
Saturated Fat (G)	10% of Calories	8.12%

*Grades 4-12



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 SAT 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*

Gallatin County Schools

Nutrition & Physical Activity Report Card

2022

“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	100%	Fresh-men
Provide classroom physical activity integrated into school day	100%	100%	100%
Provide intramural physical activity opportunities	All	100%	100%
Offer facilities to families/community for physical activity opportunities	All	All	All

The data presented above is a summary from the assessment of our physical activity environment.

The food and nutrition department does not deep fry any items. All fries and potato items are baked. We offer whole wheat, lower sodium and lowfat items. All of our pizzas contain whole wheat crust. The Gallatin County Nutrition Department's goal is to offer all students healthy and nutritious food to help enable them to better concentrate and excel in their educational goals.



The Gallatin 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 two-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, we increase the sizes as the children grow older. Whole grains are offered every day and 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	\$711,426.22
# Schools Participating	4 schools, 3 cafeteria's
Total Lunches Served	159,680
Average Daily Participation	912
Cost of Food Used	\$2402,180.69
# Students Approved for Free Meals	ALL STUDENTS
# Students Approved for Reduced-price Meals	0
# Students approved for Paid Meals	0
Lunch Prices	Adult: \$5.00 CEP – ALL STUDENTS EAT AT NO CHARGE

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.

Due to the great importance of breakfast, Gallatin County Schools offer a second chance breakfast at the Upper Elementary, Middle and High Schools.

Federal Reimbursement	\$289,451.38
# Schools Participating	4 Schools, 3 Cafeteria's
Total Breakfasts Served	113,808
Average Daily Participation	650
Breakfast Prices	Adult Price \$3.00 CEP – ALL STUDENTS EAT AT NO CHARGE



After-School Supper Program

The Supper Program was started in October of 2016. The After-School Supper Program allows students in after-school care programs with regularly scheduled activities to eat supper before departing for home. This program is offered through the Child and Adult Care Food Program.

Federal Reimbursement	\$39,486.16
Total Supper's Served	10,073
Average Daily Participation	106

"Protecting children's health and cognitive development may be the best way to build a strong America."

-- Dr. J. Larry Brown, Tufts University School of Nutrition



A list of all food and beverage items available to students during the day can be downloaded from our web site at www.ovec.org

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores all meet the Smart Snacks 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 last lunch period ends. All other sales of food that does not meet federal regulations does not take place until ½ hour after school.

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