

Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	550-650 Elementary 600-700 Middle 750-850 High	618 694 806
Iron (Mg)	3.47 Mg	4.88 Mg
Calcium (Mg)	286. Mg	489. Mg
Vitamin A (RE)	224 RE	353 RE
Vitamin C (Mg)	17.31 Mg	17.31 Mg
Protein (G)	9.77 G	29.31 G
Total Fat (G)	30% of Calories	29.61%
Saturated Fat (G)	<10% of Calories	8.03%

*Grades Pre-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 ACT 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*

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”

School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	Yes	N/A	N/A
Provide at least 150 minutes of physical education per week	Yes	Yes	Yes
Provide classroom physical activity integrated into school day	Yes	Yes	Yes
Credentialed Physical Education Teachers	Yes	Yes	Yes
Offer facilities to families/ community for physical activity opportunities	Yes	Yes	Yes

The above is a summary of our physical activity environment. The Estill County School district staffs six full time certified physical education teachers. Students are instructed according to state recommended guidelines.

Local Parent and Teacher Organizations, schools and school board have been instrumental in coordinating playground improvement district wide. As a result, our playgrounds are modern, safe and available to the public at large on a year-round basis.



“Every child in Estill County has the destiny to do something great!”

Nutrition & Physical Activity Report Card 2022



Estill 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 Healthy Hunger-Free Kids Act of 2010 nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Estill County Schools lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruits, vegetable, whole grains/breads and fluid milk during every lunch meal service. Portion sizes are designed to meet the needs of growing children and are increased as children grow older. All grains offered are whole grain.

The menu cycle provides a variety and allows us to make the most efficient use of donated commodities, especially seasonal

fresh fruits. We offer 1% and skim milk, as well as 100% fruit juices.



The table below provides a synopsis of the lunch program:

Federal Reimbursement	\$1,501,279
# Schools Participating	5
Total Lunches Served	239,077
Average Daily Participation	1,539
# Students Approved for Free Meals*	100%
Lunch Prices*	Students: Free Adult: \$4.60

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the Healthy Hunger-Free Kids Act of 2010 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.

NSLP Federal Reimbursement	\$381,589
# Schools Participating	5
Total Breakfasts Served	144,615
Average Daily Participation	915
Breakfast Prices*	Student: Free Adult Price \$2.75

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This institution is an equal opportunity provider.

“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



The objective of our school food service program is to improve and safeguard the health and well being of school children through a nutritionally adequate, non-profit food service program. A list of all food and beverage items available to students during the day can be downloaded from our web site at

www.estill.k12.ky.us

All food and beverage items sold as extras on cafeteria lines meet the Smart Snack standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. Sales from machines or school stores do not take place until 30 minutes after the 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