

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

2023-24

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	1	1 ½
Vegetables		
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)

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 2023-24



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, National School Breakfast and Summer Food Service

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. CCPS also participates in the SBP Program. Our meals 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.

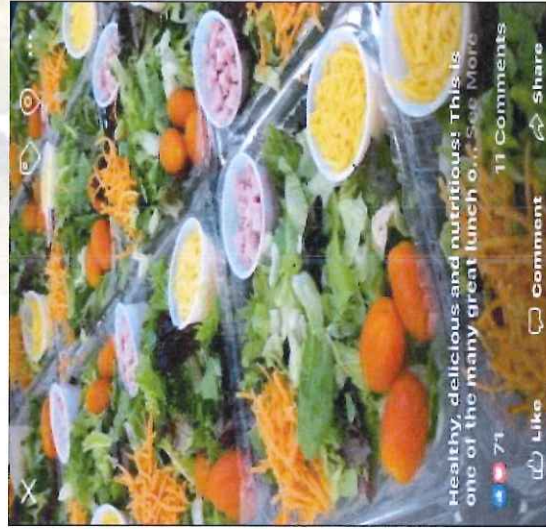
Federal Reimbursement	\$4,578,631
# Schools Participating	13
Total Lunches Served	1033,551
Average Daily Participation	6009
Cost of Food Used	\$1,846,616
Number of Employees	100
Lunch Price	Adult: \$4.60
County is a part of the Community Eligibility Provision and students eat at No Cost.	Student 0.00

Federal Reimbursement	\$2038,558
# Schools Participating	13
Total Breakfasts Served	763,515
Average Daily Participation	4439
Breakfast Prices	Adult Price \$2.60
Christian County is a part of the Community Eligibility Provision and students eat at No Cost	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	\$52229.88
Total Supper and Snacks Served	\$48361



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

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



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

Menus are available to parents on our web site at www.christian.kyschools.us. Menus contain nutritional data. 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

2024-2025 Christian County Food Service Operations Improvement Plan

The Christian County School Nutrition Program, after conducting assessment based on “Performance Descriptor for Kentucky’s Standards and Indicators for School Nutrition Programs” has developed the following plan for improvement for the 2024-2025 school year.

1. Continue to implement the Meal Standards of Healthy Hunger Free Act including the sodium rule, caloric, sugar and whole grain rule.
2. Continue to utilize the district website to provide information regarding the importance of healthy eating habits and promote the school nutrition program.
3. Continue to work with school staff to incorporate nutritional content and strategies into the classroom instruction and activities.
4. Continue to update and monitor a Hazard Analysis Critical Control Plan (HACCP) for Nutritional Services.
5. Continue and enhance educational classes for all nutrition service employees.
6. Continue to encourage the importance of school breakfast and school lunch in the school day.
7. Continue to encourage alternative rewards other than food to be provided for students.
8. Continue to improve menus and meal presentation at each school level.
9. Pursue food items and offerings that are limit/remove additives and preservative as the market will allow to introduce, encourage and educate students on the benefits of “clean” eating. Offering items that are fresh and nutritious.
10. Offer customers (students/adults) a versatile menu while being aware of customer satisfaction.
11. Continue to participate in The Community Eligibility Provision.
12. Replacement of outdated non- working kitchen equipment and serving line with new energy and workforce efficient equipment.
13. Explore ways to utilize Farm to School options. Apply for grants that enable partnerships with area producers of vegetables, fruits, meats, etc.

