



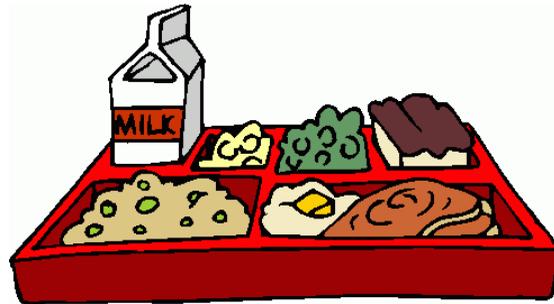
Nutrition & Physical Activity Report for 2020-2021



Trigg County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of empowering the next generation of learners to be healthier and more physically fit.

Student Welfare and Wellness

Trigg County Public Schools is committed to providing school environments that promote and protect student health, well-being, and the ability to learn by supporting healthy eating and physical activity. We will continue to provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will work to establish linkages between health education, school meal programs, and related community services.



Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. The Food Service Director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Physical Activity

All students should be afforded options to promote daily moderate to vigorous physical activity which may include those that increase strength and flexibility, speed heart rate and breathing and stress activities such as stretching, walking, running, jumping rope, dancing, and competitive endeavors.

Trigg County Primary School and Trigg County Intermediate School teachers use Go Noodle to encourage movement within the classroom, 100 minutes of recess per week, and P.E on a rotational basis for all students.

Trigg County Middle School offers P.E. on a rotational basis for all students and encourages teachers to integrate movement into their daily classroom activities. Furthermore, intermural clubs that focus on physical activity occur before and after school.

Trigg County High School requires a credit of Health and P.E.; and Advanced P.E. is offered as an elective. Additionally, an increase in the number of opportunities in nutrition, physical fitness, and substance abuse have been offered to students; including the [Wellness Olympics](#).

Healthy Schools Assessment

The Healthy Schools Assessment is a subset of questions from the Centers for Disease Control and Prevention's School Health Index that allows each of our schools to self-assess their health policies and wellness programs in the areas of: Policy & Environment, Nutrition Services, Smart Snacks, Health & Physical Education, Physical Activity and Employee Wellness. Our schools use the data from the Healthy Schools Assessment as a tool for continuous quality improvement; their goal is to have all subsets in the "fully implemented" category

	TCPS		TCIS		TCMS		TCHS	
Policy and Environment	3	FIP	4	FIP	6	FIP	6	FIP
	4	PIP	4	PIP	0	PIP	2	PIP
	2	UD	1	UD	4	UD	2	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Nutritional Services	9	FIP	1	FIP	1	FIP	1	FIP
	1	PIP	1	PIP	0	PIP	0	PIP
	2	UD	1	UD	1	UD	1	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Smart Snacks	7	FIP	6	FIP	5	FIP	5	FIP
	0	PIP	1	PIP	1	PIP	1	PIP
	0	UD	0	UD	1	UD	1	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Health and Physical Education	7	FIP	7	FIP	6	FIP	8	FIP
	3	PIP	3	PIP	2	PIP	1	PIP
	0	UD	0	UD	1	UD	1	UD
	0	NIP	0	NIP	1	NIP	0	NIP
Physical Activity	7	FIP	7	FIP	3	FIP	4	FIP
	0	PIP	0	PIP	2	PIP	1	PIP
	1	UD	1	UD	0	UD	0	UD
	0	NIP	0	NIP	1	NIP	1	NIP
Employee Wellness	4	FIP	4	FIP	3	FIP	3	FIP
	1	PIP	1	PIP	0	PIP	0	PIP
	0	UD	0	UD	2	UD	2	UD
	1	NIP	1	NIP	1	NIP	1	NIP

*FIP- fully in place *PIP-partially in place *UD- under development *NP-not in place

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Competitive Foods

No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups from midnight before until thirty (30) minutes after the last lunch period of the school day. From thirty (30) minutes after the last lunch period closes until thirty (30) minutes after the school day, food and beverages sold must conform to the following guidelines:

- ◆ A school day approved beverage;
- ◆ Fruit; non-fried vegetables;
- ◆ Low-fat yogurt;
- ◆ Nuts and seeds;
- ◆ Dried fruit with no sugar added; or
- ◆ Other food items that contain no more than:
 - Thirty (30%) calories from fat;
 - Ten (10%) calories from saturated fat; and
 - Fourteen (14) grams of sugar per serving



Beverage Sizes

In elementary schools, no more than eight (8) ounces

In middle schools, no more than twelve (12) ounces

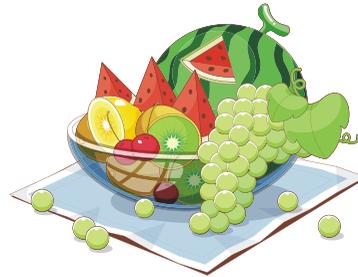
In high schools, no more than twenty (20) ounces

Food/Beverages as Rewards

When possible, rewards given to students should not be food or beverages. If they are used as rewards they must meet the minimum guidelines as stated above

Food Sales and Fundraising

Fundraising activities held off the school campus or not during the school day are not subject to regulatory requirements of 702 KAR 006:090.



A list of all food and beverage items available to students from school food service can be downloaded from our web site at [Food for Purchase](#).

The Summer Food Service Meal Pattern was used during school year 2020-2021 due to the pandemic and the number of districts serving meals either pick up or delivery. The SFSP Meal Pattern is food based rather than nutrition based so there were no requirements to stay within age/grade groups for calories, saturated fat, trans fat or sodium.

The Meal Patterns are listed below. All students were served all components in a pre-served tray due to COVID 19 protocols.

Breakfast Meal Pattern (Select All Three Components for a Reimbursable Meal)		
1 milk	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice, ¹ and/or vegetable
1 grains/bread ²	1 slice	bread or biscuit or muffin or
	3/4 cup	cold dry cereal

Lunch Meal Pattern (Select All Four Components for a Reimbursable Meal)		
1 milk	1 cup	fluid milk
2 fruits/vegetables	3/4 cup	juice, ¹ fruit and/or vegetable
1 grains/bread ²	1 slice	bread or 1/2 cup pasta or noodles
1 meat/meat alternate	2 oz.	lean meat or poultry or fish ³ or cheese

Includes Summer Feeding

	2020-2021					
	Days Served	Lunches Served	Breakfast Served	Lunch Reimburse	Breakfast Reimburse	Total Reimbursement
July	23	10,710	10,770	\$ 44,473.28	\$ 25,578.75	\$ 70,052.03
August	1	437	437	\$ 1,814.64	\$ 1,037.88	\$ 2,852.52
September	21	14,458	13,103	\$ 60,036.85	\$ 31,119.63	\$ 91,156.48
October	22	22,318	17,163	\$ 92,675.50	\$ 40,762.13	\$ 133,437.63
November	17	15,303	13,022	\$ 63,545.71	\$ 30,927.25	\$ 94,472.96
December	14	9,637	9,258	\$ 40,017.64	\$ 21,987.75	\$ 62,005.39
January	19	16,180	13,364	\$ 69,857.15	\$ 32,908.85	\$ 102,766.00
February	12	11,589	9,637	\$ 50,035.51	\$ 23,731.11	\$ 73,766.62
March	23	23,558	19,312	\$ 101,711.67	\$ 47,555.80	\$ 149,267.47
April	17	17,992	14,327	\$ 77,680.46	\$ 35,280.24	\$ 112,960.70
May	19	10,257	8,097	\$ 44,284.60	\$ 19,938.86	\$ 64,223.46
June	14	4,420	4,011	\$ 19,083.35	\$ 9,877.09	\$ 28,960.44
Total	202	156,859	132,501	\$ 665,216.36	\$ 320,705.34	\$ 985,921.70
	Average per Day	777	656	\$ 3,293.15	\$ 1,587.65	\$ 4,880.80