

## Nutrient Analysis

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

Meal Pattern	Lunch Pattern		
	K-5	6-8	9-12
Fruits (cups)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½
Red/orange	¾	¾	1 ¼
Beans/peas	½	½	½
Starchy	½	½	½
Other	½	½	¾
Add'l Veg to reach total	1	1	1 ½
Grains (oz. eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meats Alt.	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for 5-Day Week			
Min-max calories (kcal)	550-650	600-700	750-850
Saturated fats (% total calories)	<10	<10	<10
Sodium (mg)	<640	<710	<740
Trans fat	Nutrition label or manufacturer must indicate zero grams of trans fat per serving.		

## 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 effect 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)*

School Physical Activity Environment Assessment			
Program/Activity	Elem.	Middle	High
Provide daily recess	100%	N/A	N/A
Provide at least 150 min. of physical education per week	75%	N/A	N/A
Provide at least 225 min. of physical education	N/A	50%	25%
Provide classroom physical activity integrated into school day	90%	60%	30%
Provide intramural physical activity opportunities	All	75%	75%
Offer facilities to families/community for physical activity opportunities	100%	100%	100%

The data presented above is a summary from the assessment of our physical activity environment. In addition, two elementary schools have achieved Bronze recognition from the Alliance for a Healthier Generation Program and the other two elementary schools are on their way to achieving recognition.

The Community Education program has been instrumental in bringing multiple Zumba programs into our schools. Sessions are offered for both students and adults.



# ROWAN COUNTY SCHOOLS



## Nutrition & Physical Activity Report Card 2019



The Rowan County School District is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

## Healthier Meals for Healthier Students

Over the past several years, Rowan County Schools' Food Service Department has been reworking and revamping meal choices for both breakfast and lunch, giving students and staff alike healthier options. Students can select from a variety of breakfast items, including fresh fruits, whole grain toast, yogurt, and cereals containing 9 grams of sugar or less. Other whole grain items, such as whole grain pancakes or waffles, are also being offered.

Lunchtime offers a vast array of heart-healthy options for the students, including an increase in fresh fruit and vegetable options, the addition of whole grain pastas and breaded foods as well as the reduction in salt, starches, and sugar. An analysis of our lunch menus is found elsewhere in this report card.

In the fall of 2014, the Rowan County School District began taking part in the Community Eligibility Program, allowing the district to offer free meals to students at the District's four elementary schools, preschool and alternative school. In 2016, this benefit was extended to include all schools in the District. To participate in the program, the Rowan County School Board approved making a 3-year financial commitment to participate in the Community Eligibility Program. The meals served meet all the federal nutrition guidelines.

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	\$1,140,331.95
#Schools Participating	7
Total Lunches Served	391,165
Average Daily Participation	2287
Cost of Food Used	\$627,268.00
#Students Approved for Free Meals/CEO	1902
#Students Approved for Paid Meals	1509
Lunch Price for Adults	Adult: \$3.00

## 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 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.

Federal Reimbursement	\$525,862.83
#Schools Participating	7
Total Breakfasts Served	284,557
Average Daily Participation	1664
Cost of Food Used	\$268,829.00
Breakfast Price for Adults	Adult: \$2.50

## After-School Program

McBrayer Elementary School offers an after-school program for its students. This program provides regularly scheduled activities in an organized, structured environment and provides and claims reimbursement for snacks served to school-age children.

Federal Reimbursement	\$4,970.24
#Schools Participating	1
Total Snacks Served	5,648
Average Daily Participation	40

## Supper Program



The Rowan County School District, which already participates in the Community Eligibility Provision, part of the National School Lunch Program, is now offering students access to free suppers through the Supper Program. The free evening meals are available to all students who are staying after school for events such as tutoring, team or club activities, band practices or play rehearsals. The meals are available from 3:15 to 4:00 PM every Monday through Thursday that school is in session.

“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 Rowan County School District does not contract with any retail establishment for food. We do, however, process commodities through approved vendors to provide heat-and-serve entrees. By doing this, we have been able to virtually eliminate any raw meats coming into our kitchens.

A monthly menu is available to students and parents and can be downloaded from our website at:

[www.rowan.kyschools.us](http://www.rowan.kyschools.us)

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores all 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 nutritional density. No sales from machines or school stores take place until 30 minutes after the lunch period ends.