

Nutrient Analysis

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

	Average Calories	Avg. % Saturated Fat
Grades 9-12 Hazard High	793	7.72%
Grades 5-8 Hazard Middle	620	7.42%
Grades Pre-4 Roy G Eversole	602	7.43%

“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 %	100%	N/A
Provide at least 45 minutes of physical education per week	100 %	N/A	N/A
Provide at least 225 minutes of physical education	100%	Partially Implemented	100%
Provide classroom physical activity integrated into school day	91%	83%	83%
Provide intramural physical activity opportunities	ALL	ALL	ALL
Offer facilities to families/ community for physical activity opportunities	50%	25%	80%

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

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*

Hazard Independent

School District

Nutrition & Physical

Activity Report Card

2014-2015 School Year



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



National School Lunch Program

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.

Hazard Independent School lunch menus are planned on a 2 week cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable (which include minimum subgroups of red/orange, green leafy and legumes), grains/breads (over 51% whole grain) and lowfat/fat free unflavored and flavored 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. We offer fresh fruits and vegetables every day. Zero non-trans fat oils are used in preparation methods. The menu cycle provides for variety and allows us to make the most efficient use of donated commodities.

An analysis of our lunch menus is found elsewhere in this report card.

The table below provides a synopsis of the 2014-2015 lunch program, including participation and financial data.

Federal Reimbursement	\$280,362.82
# Campuses Participating	3
Total Lunches Served	118,888
Average Daily Participation	732
Food and labor cost	\$346,297.41
# Students Approved for Free Meals	501
# Students Approved for Reduced-Price Meals	18
Lunch Prices Students-CEP-Community Eligibility District Hazard High School Roy G Eversole Hazard Middle School	Adult: \$3.00 All Students allowed lunch at no charge.

National School Breakfast Program

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. Our Breakfast meals are planned on a 2 week menu cycle. The table below provides a synopsis of our 2014-2015 Breakfast Program.

Federal Reimbursement	\$83,435.48
# Campuses Participating	3
Total Breakfasts Served	51,416
Average Daily Participation	324
Breakfast Prices Students-CEP-Community Eligibility District Hazard High School Roy G Eversole Hazard Middle School	Adult Price \$1.50 All Students allowed lunch at no charge.

Meal Patterns:

Breakfast

- 1.Fluid Milk (1/2 Pint or 1 Cup)
- 2.Fruit or Full strength juice (1/2 Cup)-The new guidelines requires students to take ½ cup fruit or ½ cup 100% juice at breakfast before the meal is considered a reimbursable meal.
- 3.Bread/Grains (1 Slice or 1 ounce)

Lunch

- 1.Fluid Milk (1/2 Pint or 1 Cup)
- 2.Fruit and or Vegetables (3/4 cup-1 cup) The new guidelines requires students to take fruits and or vegetables at lunch before the meal is considered a reimbursable meal.
- 3.Bread/Grains (2 or more servings to equal 8-10 oz. servings per week)
- 4.Meat/Meat Alternate (2 ounces)

Please review this information and provide any comments or recommendations to the Hazard Board of Education at: 705 Main Street, Hazard, KY 41701

If you have any questions/concerns/comments regarding this report: contact Rachel Miller, Food Service Director Hazard Independent Schools 705 Main Street, Hazard, KY 41701, Telephone: 606-436-0498 or e-mail: rachel.miller@hazard.kyschools.us

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.

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The Hazard Independent School District does not contract with retail establishments to provide entrée items, such pizza and sub sandwiches to our schools.

A list of all food and beverage items available to students during the day can be found in each school and at the central office.

Food and beverage items 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 vending machines or school stores take place until 30 minutes after the last lunch period ends.