

Nutrient Analysis

Nutrient analysis of breads (Sara Lee's), dairy products/beverages (Prairie Farm's) and foods (GFS Foods) sold through the School Breakfast and National School Lunch Programs can be viewed at the school cafeteria Managers office. Nutrient analysis of vended items can be viewed at individual schools.



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 SAT 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 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 minutes of physical education per week	100%	N/A	N/A
Provide classroom physical activity integrated into school day	N/A	100%	100%
Provide intramural physical activity opportunities	All	All	All
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, four certified physical education teachers are employed by our district. The Community Education Program provides many opportunities for physical activity after school hours.

The Family Resource and Youth Service Centers and district Nurse have secured monies through the School Health Initiative. Elementary PTO's continue to assist in purchasing new playground equipment.



Butler County



School District

Nutrition & Physical Activity Report Card

2009-2010



Butler 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 student 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. While adults are encouraged to eat school meals, no federal reimbursement is received for adult meals.

Our lunch meals are planned on seasonal (fall, winter, spring), three week cycles. Federal regulations require that we offer minimum portion sizes of meat, fruits and/or vegetables grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the need of growing children and, as a rule, we increase the sizes as the children grow older. We make a concerted effort to offer whole grains, fresh fruit and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities. We offer 2%, 1% and skim milk in a variety of flavors, as well as 100% fruit juices.

The table below provides a synopsis of the lunch program, including participation and financial data for 2008-2009.

Federal Reimbursement	\$442,048
# Schools Participating	4
Total Student Lunches Served	295,299
Average Daily Participation	1668
Cost of Food Used	\$379,839
#Students Approved for Free Meals (09-10)	1071
# Students Approved for Reduced-price Meals (09-10)	185
# Students for Paid Meals (09-10)	918
Lunch Prices	Adult: \$2.50 Reduced-price : \$.40 Paid : \$ 1.55/1.65

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each student 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.

Federal Reimbursement	\$167,315
# Schools Participating	4
Total Student Breakfasts Served	132,894
Average Daily Participation	751
Breakfast Prices	Adult Price \$1.75 Student Reduced-price: \$.25 Student Paid: \$.85



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	\$2944
Total Snacks Served	3979
Average Daily Participation	22

“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



A list of all food and beverage items available to students during the breakfast and lunch programs can be found in each school or at Food Services in Central Office.

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores 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 or school stores 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