

# LAUREL COUNTY PUBLIC SCHOOLS

## Nutrition & Physical Activity Report Card

The Laurel County Schools are dedicated to providing environments that promote and protect student health, wellbeing, and ability to learn by supporting healthy eating habits and physical activity.

### Healthy Hunger-Free Kids Act

The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make meals more nutritious. The Laurel County Public Schools Child Nutrition Program serves school meals that meet these challenging new federal nutritional standards, providing students with all the nutrition they need to succeed! School meals offer students milk, fruits, vegetables, proteins/meats, and bread/grains and meet strict limits for saturated fat and portion size.

Laurel County School lunches meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- A wider variety of vegetables
- Fat-free (flavored and unflavored) or 1% milk
- More whole grains
- Less sodium



### Weekly Nutritional Requirements (Lunch)

	Grades K-5		Grades 6-8		Grades 9-12	
	Required	Actual	Required	Actual	Required	Actual
Fruit	2.5 cups	9 cups	2.5 cups	8.5 cups	5 cups	8.5 cups
Vegetables	3.75 cups	9 cups	3.75 cups	12.75 cups	5 cups	12.75 cups
Grains	8 oz.	9.5 oz.	8 oz.	13.5 oz.	10 oz.	13.75 oz.
Meat/Meat Alternate	8 oz.	11 oz.	9 oz.	13.5 oz.	10 oz.	13.5 oz.
Milk	5 cups	5 cups	5 cups	5 cups	5 cups	5 cups
Calories	600-650	657	600-700	719	750-850	831
Saturated Fat	<10%	8.1%	<10%	7.46%	<10%	7.22%

**Paid Lunch prices are \$1.25 and \$1.50**  
**Reduced Lunch price is \$.40**

### NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Program was established in 1946 by Harry Truman. Children who eat school lunch are more likely to consume milk, fruit and vegetables and less likely to consume snack items. Our lunch menus are planned on a two-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruits, vegetables, grains/breads and milk during lunch meal service. Our lunch menus are certified in compliance with the meal requirements for the National School Lunch Program under the Healthy, Hunger-Free Kids Act of 2010.

### **NATIONAL SCHOOL BREAKFAST PROGRAM**

The National School Breakfast Program was established in 1966. Studies show that children who eat breakfast perform higher in academics and have lower absence and tardiness rates. Our breakfast menus are certified in compliance with the meal requirements for the National School Breakfast Program under the Healthy, Hunger-Free Kids Act of 2010.

Paid Breakfast price is \$.85  
Reduced Breakfast price is \$.30

### **OTHER INFORMATION...**

While we do contract with retail establishments to provide pizza in our middle and high schools, this is available to students a maximum of one day per week.

Breakfast and lunch menus, nutritional analysis, and a list of all food and beverage items available to students are available in the Food Service Office or on our website at [www.laurel.k12.ky.us](http://www.laurel.k12.ky.us)

### **APPLICATIONS FOR FREE/REDICED PRICE MEALS**

Applications for free and reduced priced meals are distributed to families at the beginning of each school year. A new application must be submitted each year. Application are available by calling 606.862.4600 or on our web-site at [www.laurel.k12.ky.us](http://www.laurel.k12.ky.us)

### **SCHOOL NUTRITION DATA FACTS**

SY 2015-2016 Data

All Laurel County Schools serve breakfast and lunch daily and both are available to all students

#### Total Student Meals Served:

Breakfast served – 602,883  
Lunch served – 1,143,125

#### Average Daily Participation:

Breakfast – 3513  
Lunch– 6690

#### Percent of Participation:

Breakfast – 49%  
Lunch – 78%

Students Approved for Free Meals – 5825  
Students Approved for Reduced Meals – 465

Federal Reimbursement Received – \$3,600,888  
Total Expenditures – \$ 5,006,069  
Total Revenues – \$ 4,801,129

### **SUMMER MEAL PROGRAM**

The summer Food Program is offered at various sites during the summer. Meals are provided free to children 18 and under.

### **SMART SNACKS**

Ala carte items sold in the cafeteria meet the required nutritional standards. Schools provide only approved beverages to students. No vending machine or other sells take place until 30 after the lunch period ends.

#### Health Inspections:

Bush Elementary	99%
Camp Ground Elementary	99%
Cold Hill Elementary	100%
Colony Elementary	100%
Hunter Hills Elementary	99%
Hazel Green Elementary	100%
Johnson Elementary	98%
Keavy Elementary	97%
South Laurel High	100%
North Laurel High	100%
South Laurel Middle	100%
North Laurel Middle	99%
London Elementary	99%
Sublimity Elementary	98%
Wyan Pine Grove Elem	100%
Laurel Day Treatment	99%

## STUDENT WELLNESS & PHYSICAL ACTIVITY

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.



Physical Activity	Elem	Middle	High
Daily Recess	100%	NA	NA
Promote Community Physical Activities	75%	75%	50%
Licensed PE Teachers	100%	100%	100%
Facilities Available Before and After School For Physical Activities	75%	50%	NA
Playgrounds/Facilities Meet Safety Standards	100%	100%	100%

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

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