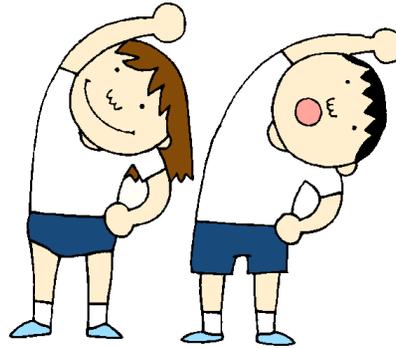


The new USDA meal pattern for school lunch sets minimum portion requirements for the five meal components: meat/meat alternates, grains, vegetables, fruits, and milk. Minimum and maximum calorie levels are required for each grade level group. Limits on saturated fat, trans fat, and sodium are also specified. WC lunch menus have been certified as meeting the new nutritional standards. The chart shows targets for Grades K-5. Weekly (per day)



Lunch Meal Pattern Weekly and Daily Requirements	Target Grades K-5	WCES NWES K-5
Calories—Average for 5 Day Week	550-650	
Meats/Meat Alternates	8 oz. (1 oz.)	
Grains/100% Whole Grains	8-9 servings (1 serving)	
Fruits (cups)	2.5 (0.5)	
Vegetables (cups)	3.75 (.75)	
Dark Green	0.5	
Red/Orange	0.75	
Beans/Peas	0.5	
Starchy	0.5	
Other	0.5	
Additional to Reach total	1	
Milk (cups) low-fat or fat free unflavored, fat free flavored	5 (1)	
Saturated Fat (% of total calories)	<10%	
Trans Fats	0	
Sodium (mg) target	<640	

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 correlation between SAT scores and the physical well-being of students.

Physical Activity & Achievement

Program/Activity	Elem.	Middle	High
Provide Daily Recess (K-5)	100%	N/A	N/A
Provide Recess 1 x per week	N/A	50%	N/A
Provide classroom physical activity integrated into school day	100%	50%	N/A
Number of minutes of PE per week	50	50	375 (one semester)
Percent of students enrolled in PE	100%	100%	25%

Washington County Public Schools



Nutrition & Physical Activity Report Card 2015-2016

Washington County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Nutritional values can be found on our website www.washington.kyschools.us under the Food Service link.

This brochure is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity currently available in the Washington County School System with recommended areas of improvement.

Health Inspections: All kitchens are HACCP compliant and inspected by the local Health Department twice a year.

National School Lunch

The National School Lunch Program (NSLP) was established 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 that meets the USDA nutrition guidelines. These guidelines promote meal quality, while commodity donations help farmers and schools keep down meal prices.

Lunch and breakfast menus at all Washington County schools are planned in accordance with the recommended daily allowances. The menu items must meet the meal pattern requirements as specified by the U.S. Department of Agriculture. A variety of fresh fruits are offered daily at lunch. We offer 1% and fat free milk, as well as 100% fruit juices. Two entrée choices are always available.

The following tables provide financial and participation data of our meal programs for 2014-2015

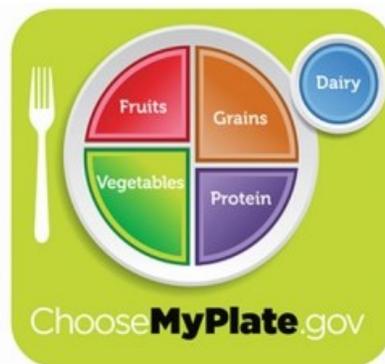
Federal Reimbursement	\$473,421
# Schools Participating	4
Total Lunches Served	217,417
Average Daily Participation	1,279
Free Lunch Applications	844
Reduced Lunch Applications	124
Lunch Prices-High School	\$2.35
Elementary /Middle	\$2.10
Adults	\$3.40
Reduced	\$.40

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.

Federal Reimbursement	\$142,620
# Schools Participating	4
Total Breakfasts Served	85,231
Average Daily Participation	502
Breakfast Prices/Students	\$1.30
Reduced	\$.30
Adults	\$1.90



“USDA is an equal opportunity provider and employer.”

Summer Feeding Program

The Summer Feeding Program operates during the months that school is not session to provide nutritious meals at no cost to children up to the age of 18 years. USDA and Kentucky Department of Education nutrition standards are used in planning all summer meals. Washington County Nutrition Program provides breakfast and lunch during summer months. Numerous organizations take advantage of this program throughout the county.

Federal Reimbursement	\$16,702
-----------------------	----------

Students with special dietary needs must have a doctor’s statement on file with their school Nutritional Services Manager. (7CFR 15B)

The Washington County Nutrition Services program does not contract with retail establishments to provide meals.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruit or vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.