

Nutrient Analysis

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

Nutrient	Target*	Actual
Calories	634	696
Iron (Mg)	3.3 Mg	4.49
Calcium (Mg)	267 Mg	541.8
Vitamin A (RE)	200 RE	3170
Vitamin C (Mg)	17 Mg	34.16
Protein (G)	8.65 G	32.65
Total Fat (G)	30% of Calories	28.17%
Saturated Fat (G)	10% of Calories	9.66%

*Grades K-12



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 activities. 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*

“The mission of the Owensboro Public Schools is to provide a safe and caring environment where students are engaged in quality educational experiences which foster life-long learning and development of skills and activities needed to succeed in our diverse society.”

School Health Index-Centers for Disease Control (CDC)

School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	80%	N/A	N/A
Provide at least 150 minutes of physical education per week	75%	N/A	N/A
Provide at least 225 minutes of physical education	N/A	100%	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	50%	100%	N/A

The data presented above is a summary from the assessment of our physical activity in our schools. In addition, certified physical education teachers offer physical education classes to students.

Through the efforts of the 21st Century Community Learning Centers before and after school programs offer additional physical fitness activities for students.

For additional information contact:

*Lisa McCarty
Assistant Superintendent of Support Services
1335 W. 11th St.
P.O. Box 249*

*Owensboro, KY 42301
Phone: (270) 686-1000*

Email: lisa.mccarty@owensboro.kyschools.us



Owensboro Public Schools

Nutrition & Physical Activity Report Card

2011-2012



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

Dr. Larry Vick, Superintendent
1335 W. 11th St.
P.O. Box 249
Owensboro, KY 42301

Phone: (270) 686-1000, Fax: (270) 684-5756
Email: larry.vick@owensboro.kyschools.us

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 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.

Our lunch meals are planned on a three week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid 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. All schools offer whole grains at least three times a week and fruits and vegetables daily. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% and skim milk, as well as 100% fruit juices.

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	\$1,383,343
# Schools Participating	10
Total Lunches Served	650,367
Average Daily Participation	3,629
Cost of Food Used	\$1,200,460
# Students Approved for Free Meals	3123
# Students Approved for Reduced-price Meals	362
Lunch Prices Elementary Schools-\$1.50 Middle School-\$1.65 High School-\$1.80	Adult: \$3.00 Reduced-price: \$.40 Extra Milk: \$.30

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’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	\$522,197
# Schools Participating	10
Total Breakfasts Served	334,102
Average Daily Participation	1,878
Breakfast Prices	Adult Price \$1.50 Student Reduced-price: \$.30 Student Paid: \$ 1.00



After-School Snack Program

The After-School Snack Program allows schools with regularly scheduled activities that are offered in an organized, structured environment to provide and claim reimbursement for snacks served to school-age children.

Federal Reimbursement	\$31,741
Total Snacks Served	43,622
Average Daily Participation	249

“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 day is available from the School Nutrition office.

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

Our School Board Members

John Blaney
Nancy Eskridge
George Gilliam
Jane Haase
Cate Lauzon

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272, TTY (202) 720-6382. USDA is an equal opportunity provider and employer. Pursuant to Title VI of the Civil Rights Act of 1964, 42 USC 2000d and 7 CFR part 15.