

## Physical Activity Environment Assessment

Program/ Activity	Marshall Co. Elementary Schools	Marshall Co. Middle Schools	Marshall County High School
Provide at least 150 minutes of physical education per week.			✓
Provide daily recess.	✓		
Provide at least 60 minutes of physical education a week	✓	✓	
Provide intramural physical activity opportunities.	✓	✓	
Provide extracurricular physical activity opportunities.*	✓	✓	✓
Offer facilities to families/ community for physical activity opportunities.	✓	✓	✓
Number of certified physical education teachers.	5	3	4

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



Regular physical activity builds healthy bones and muscles, improves muscular strength and endurance, reduces the risk for developing chronic disease risk factors, improves self-esteem, and reduces stress and anxiety. Beyond these known health effects, physical activity may also have beneficial influences on academic performance.—

U.S. Department of Health and Human Services Centers for  
Disease Control and Prevention

### Lunch Applications

Applications for free and reduced meal prices are available at all schools and the Marshall County Board of Education office. We highly encourage all students to have an application filled out and turned in to their school at the beginning of each school year. Lunch applications are easy to fill out and can be of great benefit to you if you qualify. To see if you qualify for free or reduced meal prices, please list all household members and those that receive an income. The income reported is what is earned before any deductions, or your gross monthly income. If you receive food stamps, please fill in your SNAP or K-TAP number on the application.

If you have more than one student attending a Marshall County school, you only need to fill out one application per household, just make sure you list all children and which schools they attend. Once you fill out an application, that status is good for the entire school year. If you are not eligible the first time, but have a change during the year, such as a decrease in household income, become unemployed or get SNAP or K-TAP for your child, you can fill out another application at that time.

Lunch applications are only good for one school year. You **must** fill out a new application each school year.

If you have any questions, you may call our office at 527-8628.

#### Additional nutrition information:

- A choice of 1% chocolate and skim milk are offered as beverage choices at all schools.
- Pre-made salads are available at schools.
- Nutritional data for all food and beverage items available to students as part of the National School Breakfast/Lunch Program is available in the Food Service Director's office.
- MCHS After School Program: MCHS offers students and staff healthy sandwiches, wraps, drinks and snacks to purchase for those staying for after school activities.

For additional information contact:

Marshall County Board of Education  
86 High School Road Benton, Kentucky 42025  
Phone: 270-527-8628  
Fax: 270-527-0804



## Marshall County School District Health & Nutrition Report Card 2011-2012

### Healthy Minds

MARSHALL COUNTY SCHOOLS

LEARNING TODAY



LEADING TOMORROW

### Healthy Bodies



*Marshall 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 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 served that meets the U.S. Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

School menus are planned in accordance with the recommended daily allowances (RDA) as specified by the National Academy of Sciences and must meet the meal pattern requirements as specified by the U.S. Department of Agriculture. We are committed to providing a nutritious, appetizing and economical meal for each student every day.

Menus are distributed to each classroom, published in the Tribune Courier Newspaper, The Lake News, and broadcast by local radio stations and available on the district’s website.

*The table below provides a synopsis of the Food Service program, including participation and financial data.*

NATIONAL SCHOOL LUNCH		
Federal Reimbursement for October 2011		\$92,328
# Schools Participating		10
Total Lunches Served		61,640
Average Daily Participation		3,851
Cost of Food Used		\$105,245
# Students Approved for Free Meals		1,839
# Students Approved for Reduced Meals		461
# Students Full Paid Meals		2,467
Lunch Prices:	Reduced	.40
	Elementary and Middle Full Pay	1.50
	High School Full Pay	1.75
	Adult	2.50

## National School Breakfast

The School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It began as a pilot project in 1966, and was made permanent in 1975. The School Breakfast Program is administered at the Federal level by the Food and Nutrition Service. At the State level, the program is usually administered by State education agencies, which operate the program through agreements with local school food authorities in more than 87,000 schools and institutions.

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.

NATIONAL SCHOOL BREAKFAST		
Federal Reimbursement		\$33,351
# Schools Participating		10
Total Breakfasts Served		25,123
Average Daily Participation		1,570
Breakfast Prices		
	Reduced	.20
	Elementary and Middle Full Pay	.75
	High School Full Pay	.75
	Adult	1.00

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

"Kids who participate in school meal programs get roughly half of their calories each day at school. ... This is an extraordinary responsibility. But it's also an opportunity. And it's why one of the single most important things we can do to fight childhood obesity is to make those meals at school as healthy and nutritious as possible."

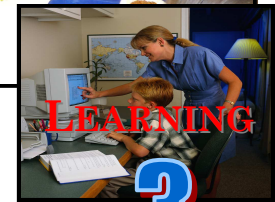
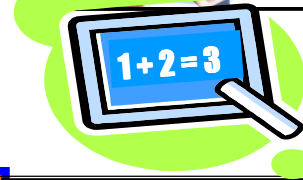
–School Nutrition Association, 3/1/2010



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School nutrition services is one of the world’s most extensive programs of applied nutrition. It provides wholesome attractive, moderately priced meals, which meet the nutritional needs of students.

The School Lunch Pattern is designed to meet 1/3 of the daily dietary allowances. In an effort to follow the U.S. Dietary Guidelines, we have cut the amount of fat, sugar, and salt from our recipes and still have an acceptable product. We try to serve fresh fruits and vegetables at least three times a week.

Nutrition habits established through participation in the school lunch program should endure a lifetime. Also, a nutritious breakfast at the beginning of the day gives the child a better chance to do well in classes and recreation. Many parents have found it very hard to get children to eat breakfast right after they wake up. Eating breakfast at the school allows the students an opportunity to talk and socialize, in a friendly and pleasant atmosphere, with their friends before starting classes.

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. Three servings of fruits and vegetables, a bread or grain item and 8 ounces of low fat milk. It takes a real balancing act to beat that value with a lunch bag.