



Nutrition & Physical Activity Report Card 2019

Hopkins County Schools is dedicated to serving healthy, well-balanced meals and offering physical activity opportunities to help our students succeed. We offer breakfast and lunch at no cost to families through the Community Eligibility Program.



School Physical Activity Environmental Assessment

The data below is a summary from a review of our elementary physical activity environment. All schools have certified physical education teachers who work with students K-12. All schools have gymnasiums which are used for physical education classes as well as community sports programs. School playgrounds are modern and inspected regularly for safety.



Program/Activity	Elementary
Provide daily physical activity	100 %
Provide at least 150 minutes of physical education per week	50%
Provide classroom physical activity integrated into school day	100 %
Provide intramural physical activity opportunities	N/A
Offer facilities to community for physical activity opportunities	100 %

Nutrient Analysis

Averaged over the course of a 3-week cycle, lunch menus offered in our schools provided the following for school year 2017-18:

Nutrient	Target	Actual
Calories: Elementary	550- 650	632
Middle	600- 700	648
High	750- 850	815
Sodium: Elementary	1230 mg or less	984
Middle	1360 mg or less	1012
High	1420 mg or less	1317
Sat. Fat (G): Elem	10% of Calories	7.84 %
Middle	10 % of Calories	7.98 %
High	10 % of Calories	8.23 %

“The destiny of our nation depends upon how well we care for three groups of our citizens: children in the dawn of life, the handicapped in the shadows of life, and the elderly in the sunset of life. How well we care for them is a bellwether of our conscience as a nation...and this will determine our destiny.”
 - Hubert H. Humphrey

School lunches offer good value, balanced diet

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



National School Lunch

The National School Lunch Program started 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.



What is a lunch in the National School Lunch Program? A student selects a minimum of three of the required components. The components are dairy, protein/meat, fruit, vegetable, and grain. We offer fresh fruits and vegetables each day and whole grain items to encourage healthy choices. One of the items on a student’s tray must be at least ½ cup of a fruit or vegetable.

2017-2018

Federal Reimbursement	\$2,278,980.43
# Schools Participating	13
Total Lunches Served	789,349
Average Daily Participation	4,699
Cost of Food Used	\$1,364,487.64
# Students Receiving Free Meals	6,819
All students offered meals at no cost	

School Breakfast

The School Breakfast Program 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.

Breakfast meals are complete when a student selects 3 items which include fruits, grains, and milk. We offer whole grain items, fresh fruits, canned fruits, and 100% fruit juice each day. One of the items on a student’s tray must be a fruit.

2017-2018

Federal Reimbursement	\$721,674.35
# Schools Participating	13
Total Breakfasts Served	394,188
Average Daily Participation	2,346

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.

2017-2018

Federal Reimbursement	\$13,234.32
# Schools Participating	5
Total Snacks Served	15,057