

Nutrient Analysis Weekly Average

Nutrient	Target*	Actual
Calories		
Porter Hopkins	550-650	640
Meece Middle	600-650	641
Somerset High	750-850	800
Saturated Fat		
Porter Hopkins	10 %	6.92%
Meece Middle	10 %	7.03%
Somerset High	10.0%	7.17%
Sodium		
Porter Hopkins	1230	1148
Meece Middle	1230	1132
Somerset High School	1420	1416

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 activity opportunities. 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

“Look for healthy eating hints and fun family activities in our monthly web-based Nutrition Nuggets page.

School Physical Activity Environment Assessment

Program/Activity	Elem.	Middle	High
Provide Daily Activity	Fully In Place	5th grade fully in place 6,7,8th Partially in Place	N/A
Provide at least 150 minutes of physical activity per week	Fully In Place	5th grade Fully in place NA for 6, 7,	N/A
Provide at least 225 minutes of physical education	Fully In Place	Fully in Place	Not In Place
Provide classroom physical activity integrated into the school day	Fully In Place	Fully In Place	Fully In Place
Offer facilities to families/community for physical activity opportunities	Fully In Place	Fully In Place	Fully In Place
The data presented above is a summary from data collected using The School Health Index Survey. Hopkins Elementary has one certified physical education teacher.			

Somerset Independent Schools

“Tradition and Beyond”

Nutrition & Physical Activity Report Card 2016

Somerset Independent Schools are dedicated to serving nutritious meals and providing physical activity opportunities as a means of helping our students reach proficiency



The Somerset Board of Education does not discriminate on the basis of race, color, national origin, age, religion, marital status, sex, or disability.

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.

Somerset independent lunch meals are planned in a four-week menu cycle, with seasonal favorites, and commodity supply contributing to variations. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads, and fluid milk during every lunch 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. We serve whole grain breads, cereals, and pasta. We also offer a selection of fruits and vegetables every day. Each school offers 1%, and skim milk in a variety of flavors, and water is always available.

The following tables provide a synopsis of the nutrition program. Including participation and financial data for 15-16

Federal Reimbursement	\$553,280.01
# Schools Participating	3
Total Lunches Served	202,441
Average Daily Participation	1190
Cost of Food Used for Nutrition Programs	\$413,628.47
Somerset Independent Schools	
Is a Full CEP District	
Allowing all students meals at no charge	

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 and significantly reduced absence and tardiness rates.

Federal Reimbursement	\$165,190.20
# Schools Participating	3
Total Breakfasts Served	95,210
Average Daily Participation	560

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-aged children.

2015—2016 Yearly Snack Totals

Federal Reimbursement	\$4,021.08
Total Snacks Served	4,787
Average Daily Participation	33

“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

While we do contract with retail establishments to provide pizza, we limit it to once every other week .

A list of food and beverage items available to students during the day is available in each lunchroom and on our web-page . Also check out Nutrition Nuggets,

for family friendly advice for nutrition and activities.

Any food and beverage item that is sold as extras on the cafeteria lines or through vending machines meet the minimum nutritional standards required by the Kentucky Board of Education.

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 fruit 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