








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 calories levels are required for each grade level group. Limits on saturated fat, trans fat, and sodium are also specified. Paris School 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	PES K-5
Calories—Average for 5 Day Week	550-650	
Meats/Meat Alternates	8 oz. (1 oz.)	
Grains (1/2 total of offerings must be whole grains rich)	8 oz. (1 oz.)	
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	

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." ~John F. Kennedy

### Physical Activity & Achievement

#### Elementary School:

- Offers daily recess opportunities for students
- Regularly provides 90 minutes of structured physical education per week
- Implements physical fitness tests quarterly to monitor student progress
- Provides classroom physical activity integrated into the school day
- Evaluates opportunities for students through the School Health Committee each month
- Offers school facilities to families and community members for physical activity opportunities

#### Paris Middle and High Schools:

- Offer recess opportunities for students (middle school level)
- Provide structured physical education and fitness classes.
- Host physical activity clubs during the school day; basketball, walking, etc.
- Evaluate health and wellness opportunities for students through the School Health Committee
- Offer school facilities to families and community members for physical fitness opportunities



## Paris Independent School

### Nutrition & Physical Activity Report Card 2016-2017



**Paris Independent Schools are dedicated to serving nutritious meals and to providing multiple physical activities as a means of teaching our students to adopt a healthy lifestyle.**

## National School Lunch

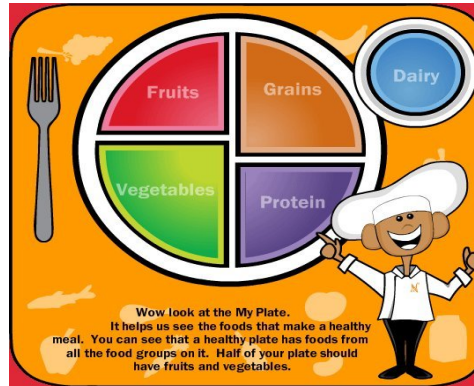
The National School Lunch Program (NSLP) was established in 1946 as a “measure of National security, to safe-guard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch that meets the USDA nutrition guidelines. These guidelines promote meal quality, while commodity donations help farmers and schools keep down meal prices.

Lunch and breakfast menus at all Paris Independent 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.

## 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 achievements and test scores than non participants. Children with access to School Breakfast also had significantly reduced and absences tardiness rates.



## How Do You Create a Healthier School Environment

**Nutrition Education, Healthy Fundraisers, Nonfood Rewards Healthy Celebrations, Healthy Vending, Healthy Field Trip Sack Lunches, PE, Structured Recess, Classroom Physical Activity and Community Partners.**

While we do contract with retail establishments to provide entree items, such as pizza, those items are available to all students once a month.

A list of all food and beverage item available to students during the day can be obtained from the cafeteria manger.

Food and beverage items that are sold as extras in sold as extras in the cafeteria and 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 value. No sales from machines or school stores take place until 30 minutes after the last lunch period ends.

## Summer Feeding Program

The summer Feeding Program operates during the months that school is not in 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. Paris Independent Nutrition Program provides breakfast and lunch during summer months. Numerous organizations take advantage of this program throughout the county.

## Children with special dietary

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

## Contact Information

Please review the enclosed information and Provide any comments or recommendations to Paris Independent Board of Education or email

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