

Physical Activity and Achievement

Ballard County Elementary School continues its participation in Fitness-Gram activities. BCES also administers the California Healthy Kids Survey for fourth- and fifth-grade students. The data gathered will assist in analyzing students' physical needs in our schools and community. Ballard County Schools also participates in "Take 10" and "Choose to Move" programs within the physical education and academic curriculum.

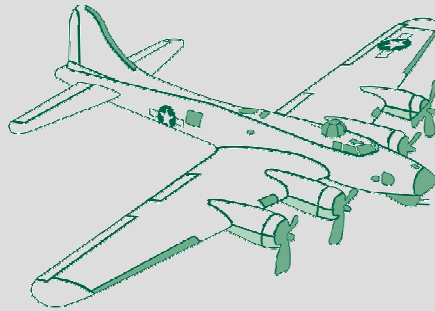
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



The Keys to Success begin with me

Responsible - Respectful - Ready



Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students. Schools provide students with opportunities to consume an array of foods and beverages throughout the school day and enable students to learn about and practice healthy eating behaviors.

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

Casey Allen

Interim Superintendent

3564 Paducah Road

Barlow, KY 42024

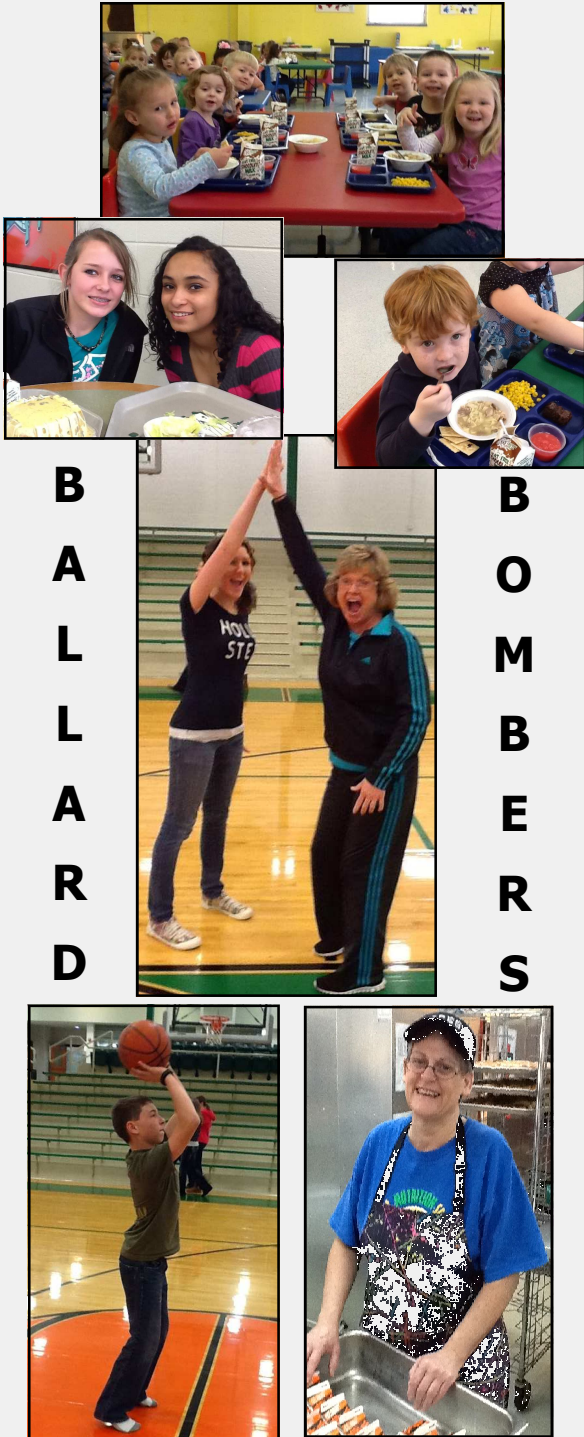
(270) 665-8400

Ballard County School District Health and Nutrition Report Card 2011-2012



Helping Ballard County children learn and grow, one healthy meal at a time.

In partnership with and in service to our community, the mission of Ballard County Schools is to prepare every student to be a successful individual.



**B
A
L
L
A
R
D**

**B
O
M
B
E
R
S**

National School Lunch Program

The National School Lunch Program was conceived in 1946 as a "measure of national security to safeguard the health and wellbeing of the Nation's children." School districts receive federal reimbursement for each school lunch served that meets U.S. Department of Agriculture nutrition guidelines. These guidelines promote meal quality, while commodity donations help the farmer as well as help schools keep down meal prices.



All meals are planned in accordance with the recommend daily allowance (RDA) as specified by the National Academy of Sciences and must meet meal pattern requirements as specified by the USDA. The Ballard County School District is committed to providing nutritious, appetizing and economical meals for each student daily.

Federal reimbursement 2010-11	\$458,925
Number of schools participating	4
Total lunches served 2010-11	214,068
Average daily participation	1,258
Number of students approved for free meals	717
Number of students approved for reduced-price meals	119

Ballard County Schools is a part of the Kentucky Proud program.



Kentucky Proud is not only a way to provide safe and nutritious foods for your loved ones, but it is an investment in Kentucky's land, people and its future. So buy Kentucky Proud... nothing else is close. - James R Comer, KY Ag Commissioner

Meal Prices

<u>Lunch</u>	<u>Breakfast</u>
Reduced - \$0.40	Reduced - \$0.25
Full - \$1.15-1.65	Full - \$0.50-.75
Adult - \$2.25	Adult - \$1.00

National School Breakfast Program

The School Breakfast Program was established in 1966 as a federally-assisted meal program operating in public and nonprofit private schools and residential child care institutions.

Total number of student breakfasts served 2010-11	93,489
Percentage of breakfasts served at free or reduced prices 2010-11	69%

After-School Snack Program

The after-school program allows children within Ballard County Schools the opportunity to participate in programs with regularly-scheduled activities in an organized, structured and safe environment. All snacks served within the after-school programs are free to all participants. After-school programs are offered at the elementary, middle and high school levels.

Total number of after-school snacks served 2010-11	4,989
---	--------------

A la Carte and School Vending

Only water and 100 percent juices are sold a la carte. Ballard schools do not contract with any outside restaurants. All school vending machine and canteen sales comply with state and federal regulations.

A nutritional analysis of the food and beverage items that are bid and purchased for the NSLP and NSBP may be obtained by contacting Amber Hayes, Ballard's school nutrition director, at the addresses or phone listed below.

For additional information, please contact:
Amber L. Hayes, RD, LD
School Nutrition Director
3565 Paducah Road
Barlow, KY 42024
Phone: (270) 665-8400, ext.2530
E-mail: amber.hayes@ballard.kyschools.us