

Physical Activity

Bullitt County Public Schools is committed to providing opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short- and long-term benefits of a physically active and healthy lifestyle.



BCPS Physical Activity Tidbits:

- All BCPS students in elementary schools receive physical education for 60-89 minutes per week throughout the school year;
- All BCPS students in secondary schools are required to take the equivalent of one academic year of physical education;
- All teachers of physical education use an age-appropriate, sequential physical education curriculum consistent with state and national standards for physical education;
- All physical education teachers have opportunities for professional development in the area of physical education.

Join Us!
BCPS Wellness Committee Meeting
Open to All
When: Tuesday, January 8, 2019
Time: 4:00 PM to 5:30 PM
Where: School Food Service Building



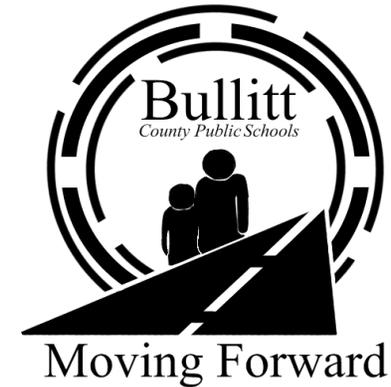
Bullitt County Public Schools has partnered with The Alliance for A Healthier Generation to create and sustain a healthier school environment. If you are interested in joining the BCPS Wellness



team, contact us at school.lunch@bullitt.kyschools.us.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).



Nutrition & Physical Activity Report 2018-2019



Addressing Wellness Year Round

Because hunger and the need for good nutrition does not end when schools close for the summer, BCPS participates in the Summer Food Service Program (SFSP). Federally funded, the SFSP program ensures that children have the opportunity to continue to receive nutritious meals when school is not in session. In June and July of 2018, BCPS served over 12,700 lunches and 5,300 breakfasts at over 28 locations.



Innovations in Breakfast

From healthy options to Grab N Go breakfast in the classroom, BCPS food services is committed to making breakfast an integral start to the day. According to the Food Research and Action Center, “research shows that children who have school breakfast eat more fruits, drink more milk, and consume a wider variety of foods than those who don’t eat breakfast or have breakfast at home.”



Want to learn about USDA’s Child Nutrition Program requirements? Check out USDA’s Team Nutrition website for more information on school meal regulatory policies as well as resources for families on physical activity and nutrition.



School Nutrition

Nutrition Facts

USDA regulations require that meals served in schools meet established nutritional guidelines that include whole grains, low fat (or fat free) milk choices, increased fruit offerings, representation from the vegetable subgroups. In addition, each age grouping has limitations on calories, fat and sodium.

Food Components	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{c,d}	½	½	¾
Additional Vegetables to Reach Total ^b	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg) ^{h,i}	≤1,230	≤1,360	≤1,420
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

School Food Service Initiatives

- Afterschool Snack Programs:
 - 21st Century Crossroads Elementary
 - Boys and Girls Club at Bullitt Lick Middle
- YMCA Breakfast Programs:
 - All elementary schools (except LJES, NES and MES)
- Community Eligibility Program Schools
 - Brooks Elementary
 - Lebanon Junction Elementary
 - Maryville Elementary
 - Nichols Elementary
 - Overdale Elementary
 - Shepherdsville Elementary
 - Bullitt Lick Middle



Program Facts

Below provides a synopsis of the lunch and breakfast program from data collected in SY 17-18.

Schools Participating in NSLP and SBP	23
Total Lunches Served	11,124,002
Lunch Participation per Day	6,612
Total Breakfast Served	530,055
Breakfast Participation per Day	3,118
Lunch Prices SY 18-19	Paid: \$2.75 Reduced: \$0.40
Breakfast Prices SY 18-19	Paid: \$1.25 Reduced: \$0.30
Total Number CEP (Free) Students	1,473
Total Number of Free Students	5,880
Total Number of Reduced Students	352