

## Physical Activity Environment Assessment

Schools play a crucial role in influencing lifetime physical activity behaviors. Evidence supports a correlation between test scores and the physical well-being of students. Allen County Schools provide facilities and sound curriculum/policies to create an encouraging environment for a variety of physical opportunities.

Program/Activity	Elem.	Middle	High
Provide daily recess	Y	Y	N
Provide intramural physical activity opportunities	Y	Y	Y
Provide extra-curricular physical activity opportunities	Y	Y	Y
Offer facilities to families/community for physical activity opportunities	Y	Y	Y
# of certified Phys. Ed teachers	2	1	2
Physical activities offered after school	Y	Y	Y



James E. Bazzell Middle School



Allen County-Scottsville High School

## Highlights

### Extracurricular Physical Activity Opportunities

- Several outdoor walking trails have been developed for public use. School playgrounds are modern, safe and available to the public at large on a year-round basis.
- Other extracurricular activities available include youth soccer, Little League football, baseball, softball, basketball, cheerleading and run clubs through several school and community organizations.
- Marching band, Winter Guard, cross country, swimming, golf, volleyball, tennis, track & field, baseball, football, basketball, cheerleading, softball, fishing, soccer, archery, and JROTC are available as organized school sports.

### Additional Nutrition Information:

- School meals offer age appropriate serving sizes that include 1% chocolate or white milk, fruit, vegetables, proteins, and grains. Students must take at least ½ cup of vegetable or fruit with their reimbursable meal.

The Allen County School District  
is an equal opportunity provider.

## Allen County Schools

## Nutrition & Physical Activity Report 2022-2023



Allen County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Allen County Schools  
570 Oliver Street Scottsville KY 42164  
P: 270-618-3181 F: 270-618-3185  
[www.allen.kyschools.us](http://www.allen.kyschools.us)

Robin Herrington  
Director of School Food Services  
[robin.herrington@allen.kyschools.us](mailto:robin.herrington@allen.kyschools.us)



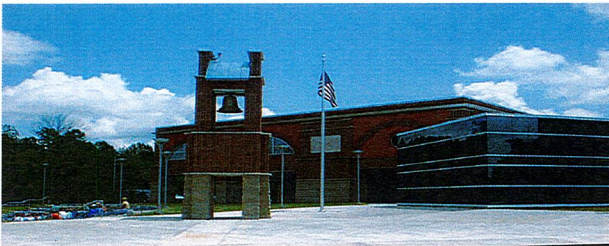
**Allen County Career & Technical Center**

## National School Lunch

The National School Lunch program was established 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. These guidelines promote meal quality while commodity donations help the farmer and help schools keep meal cost lower.

School menus are planned in accordance with the recommended daily allowances (RDA) as specified by the national Academy of Sciences and must meet the meal pattern requirements as specified by the U.S. Department of Agriculture. We are committed to providing a nutritious, appetizing and economical meal for each student every day.

Menus are sent to students, parents & staff thru Parent Square and are also available at the following: *The Citizen-Times*, WVLE Radio, [www.allen.kyschools.us](http://www.allen.kyschools.us).



**Allen County Intermediate Center**

## National School Breakfast

The School Breakfast program was established in 1966. Studies confirm that students who eat breakfast work faster, behave better, are more creative and make fewer mistakes. They score higher on tests, miss fewer days, improve attention spans and develop better social skills. Classroom attention, attendance and achievement are all improved by breakfast participation. All schools offer nutritious choices for breakfast that meet the USDA Nutritional Guidelines.



**Allen County Primary Center**

## Nutrient Analysis

Grades	K-8		9-12	
Nutrient	Target*	Actual	Target*	Actual
Calories	550-700	621	750-850	769
Saturated Fat (G)**	<10.0%	9.8%	<10.0%	9.1%
Sodium (mg)	≤1,110	931	≤1,280	1,237
Trans Fat	0	0	0	0



**Allen County Learning Center**

**2022-2023**

## Allen County School Food Services Statistics

Enrollment	ACPC	ACIC	JEBMS	ACSHS/PA
Oct. 2021	992	700	477	909
# of approved free meals	CEP	CEP	CEP	CEP

## School Breakfast Program National School Lunch Program

Breakfast	132,580	53,711	31,723	73,978
Lunch	124,662	96,425	62,452	105,630
Total Served	681,161			
Federal Reimb.	\$2,370,412			

## Summer Feeding Program

Total Served	14,665			
Federal Reimb.	\$53,872			

## Meal Prices

	Employee	Visitor
Breakfast	\$3.00	\$3.00
Lunch	\$4.75	\$4.75

## After School Program (CACFP)

CACFP Meals	16,805			
Federal Reimb.	\$76,892			