

National School Lunch Week October 9-13

From local food and farmers to salad bars to the behind the scenes, it takes teamwork to make every tray of food possible. We would like to promote the healthy, nutritious meals we serve each day, as well as the efforts of the dedicated staff that serve them. We would like to introduce to you the National School Lunch Week (NSLW) October 9-13th. This week recognizes the importance of the healthy school lunch in a child's life, and the impact it has inside and outside of the classroom.

School nutrition programs play a critical role in ensuring all students receive nutritious lunches which follow strict federal guidelines. Every school lunch served contains fruits and vegetables, whole-grains, lean protein, and low-fat dairy to help feed students' bodies and fuel their minds.

National School Lunch Week was created in 1962 by President John F. Kennedy. It's a week-long celebration filled with events and activities designed to promote the benefits of the National School Lunch Program (NSLP).

The NSLP was signed into law in 1946 (Richard B. Russell Act), and it the largest of the federal child nutrition programs.

This year we have decided to get our school involved. In doing so, we plan to start out small and hope to increase our involvement throughout the years.

For Families: This year, in the effort to raise awareness with parents and families of students in the school system, we wanted to offer you an opportunity to reserve your very own "Lunch Date" on us! Look for your child to come home with a certificate good for 1 FREE Adult Lunch. This may be used by a parent or a special guest of the family's choosing throughout this school year at your convenience. Please remember to reserve your "Lunch Date" with your child by calling 24 hours in advance so they may make sure enough food is available. Present your certificate at the time of "checking out" in the lunch line, to ensure proper credit is given and you receive your meal for free. We will not be able to honor a FREE Lunch Date without the certificate and payment would then be required.

For the Kids: During National School Lunch Week...we would like to promote increased participation in the school lunch. This is a short week, and most of the lunches scheduled this week are oldies, but goodies, so participation should be a cinch. Now- this is to encourage students who "sometimes" take school lunch to at least give school lunch a "TRY" this week. This is not to put pressure on those with special dietary issues.

SO, what's in it for the kids? For each day of National School Lunch Week, we will have a measuring cup filled with candy corn starting with the average meal participation then with each day of the week for any Additional Meal participation we will add candy corn according to the number of increased school lunches that participated. Then Friday the last day of the week the kids will be able to submit their Guesses as a class to the kitchen of the total # of candy corns in the measuring cup. The closest class guess will receive a "TREAT" at the Wednesday lunch serving of the following week.

This should be a fun! Oh, and did I mention during this week we are introducing a NEW menu item? Check out Wednesday's October 11th Menu.

Hope to see you in the cafeteria-
Nancy Bonnema AKA "Lunch lady"