

GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH



MORNING ANNOUNCEMENTS

NOTE: Please fill in the (Insert Menu Item Here) spaces to include a menu item served that day that matches the day's featured food group.

FRIDAY 10/7

Plan to eat your school meal next week during National School Lunch Week. We are going to Get Your Day in Gear with a Healthy School Lunch. Each day we will feature a healthy part of a school lunch — vegetables, protein, fruits, whole grains, and milk. Don't forget, Wednesday is National Bring Your Parents to Lunch Day!

MONDAY 10/10 • PROTEIN

Ready, Set, GO! It is National School Lunch Week, and we are going to Get Your Day in Gear with a Healthy School Lunch. Did you know protein keeps your legs moving and heart pumping? When you eat lean protein like meat, eggs, and beans you get protein you need to build healthy muscles and a healthy heart. Eat your power packed protein sources in your healthy school lunch school lunch to help fuel your body and get you to the finish line. _____ .

(INSERT MENU ITEM HERE)



TUESDAY 10/11 • VEGETABLES

It's National School Lunch Week and we are going to Get Your Day in Gear with a Healthy School Lunch. As you are gearing up for the rest of the day, your eyesight needs to stay sharp. Eating vegetables such as kale, spinach, carrots, red bell peppers and tomatoes are high in beta-carotene. Beta carotene that your body turns into vitamin A. Vitamin A helps us see better. Today's featured vegetable in the cafeteria is _____ .

(INSERT MENU ITEM HERE)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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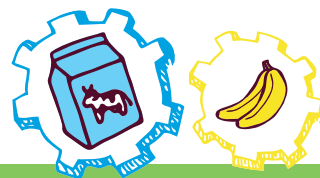
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Food and Nutrition Division
National School Lunch Week



www.SquareMeals.org
Updated 10/01/2022



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WEDNESDAY 10/12 • WHOLE GRAINS

It is National School Lunch Week, and we are going to Get Your Day in Gear with a Healthy School Lunch. It's Wednesday and it is time to get your gears turning with whole grains. Whole grains contain fiber to keep you feeling full longer. With whole grains such as brown rice, whole wheat, and whole grain pasta, you will have enough energy to get through the school day and for those afterschool activities. Today's whole grain is _____.

(INSERT MENU ITEM HERE)



THURSDAY 10/13 • FRUITS

It is National School Lunch Week, and we are going to Get Your Day in Gear with a Healthy School Lunch. The week is almost over! Don't let anything slow you down. Fruits such as oranges, grapefruit, pineapple, strawberries, and watermelon are sources of vitamin C. Vitamin C is important in healing cuts and keeping you healthy. Today's fruit choice is _____.

(INSERT MENU ITEM HERE)

FRIDAY 10/14 • VEGETABLES

All week we learned how to Get Your Day in Gear with a Healthy School Lunch. Today we are close to the finish line. Did you know in addition to containing calcium for strong bones, milk also hydrates you after a long day? Milk contains vitamins and minerals to help your body recover. Don't forget to grab your milk as part of your healthy school lunch. Congratulations for Getting Your Day in Gear with a Healthy School Lunch this week as we have learned how protein, vegetables, whole grains, fruit, and milk help us finish strong.



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