

GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

During National School Lunch Week, October 10-14th, please join the Texas Department of Agriculture in encouraging Texas students to Get Your Day in Gear with a Healthy School Lunch. During the week, your school nutrition team will use fun lessons to help your child learn more about good nutrition and healthy lifestyles. Also, during National School Lunch Week many Texas school cafeterias will make eating local products part of their celebrations. Teaching children about Texas agriculture helps them make stronger connections to good nutrition so they can strive for future success.

**Encourage your child to celebrate National School Lunch Week,
October 10-14th, by eating a healthy lunch at school.**

Getting your day in gear can come in all different forms of activities. TDA will celebrate students getting in gear through racing with the theme days listed below. So, suit up and get ready to Get Your Day in Gear with a Health School Lunch during the celebration week.

MONDAY 10/10 • GREEN MEANS GO

A green flag is waved at the start of a race. Wear green on Monday to start the National School Lunch Week Celebration!

TUESDAY 10/11 • RATE YOUR DRIVER

NASCAR and Formula One are two popular racing sports. Each driver has a specific number. Wear the number of your favorite driver.

WEDNESDAY 10/12 • RACE IN THE SUN

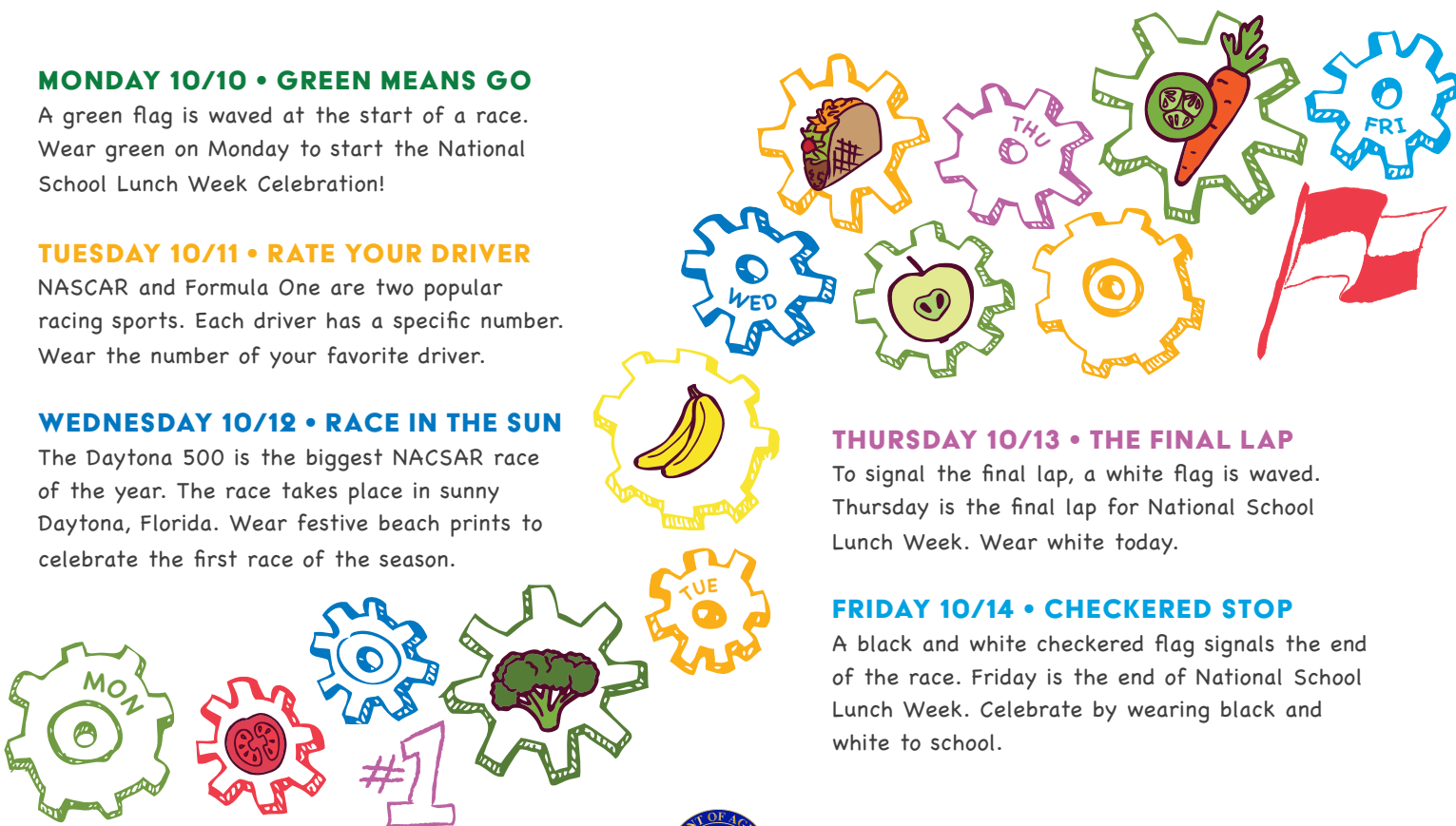
The Daytona 500 is the biggest NACSTAR race of the year. The race takes place in sunny Daytona, Florida. Wear festive beach prints to celebrate the first race of the season.

THURSDAY 10/13 • THE FINAL LAP

To signal the final lap, a white flag is waved. Thursday is the final lap for National School Lunch Week. Wear white today.

FRIDAY 10/14 • CHECKERED STOP

A black and white checkered flag signals the end of the race. Friday is the end of National School Lunch Week. Celebrate by wearing black and white to school.



TEXAS DEPARTMENT OF AGRICULTURE
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This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
National School Lunch Week



www.SquareMeals.org
Updated 10/01/2022