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 BEFORE NATIONAL SCHOOL LUNCH WEEK

Plan now to eat your school meal next week during Nation School Lunch Week. We are going to *Feed Your Creativity with a Healthy School Lunch*. Each day we will feature a creative job and 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. They can feed their creativity too!

MONDAY

It is National School Lunch Week and we are going to *Feed Your Creativity with a Healthy School Lunch*. Did you know you have chefs and kitchen staff inspiring your school menus? Chefs use their creativity to make healthy meals with whole grains. Examples are whole wheat bread and pasta, corn tortillas or brown rice. These grains are good for your digestion and packed with B vitamins that help you learn, work and play. Eat the whole grains being served in the cafeteria today! _____ .
(INSERT MENU ITEM HERE)

TUESDAY

It's National School Lunch Week and we are going to *Feed Your Creativity with a Healthy School Lunch*. Do you enjoy painting or drawing? Use the rainbow of colors in vegetables to inspire your next art project. Do you eat orange carrots, green broccoli, or yellow corn? Like a professional artist, you can use those colors in your next masterpiece. Feed that creative art project by eating your vegetables at lunch. Today's featured vegetable in the cafeteria is _____ .
(INSERT MENU ITEM HERE)

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COMMISSIONER SID MILLER
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Feed Your Creativity with a Healthy School LUNCH

National School Lunch Week

MORNING ANNOUNCEMENTS

OCT. 11-15

WEDNESDAY

It is National School Lunch Week and we are going to *Feed Your Creativity with a Healthy School Lunch*. Everything on a computer is designed by a coder. Coders use their creativity to build video games and apps. Your body uses protein to build muscle in your body Good sources of protein include meat, fish, eggs, milk, tofu and beans. Feed your creativity with the protein in a school lunch. Today's power packed protein sources in your healthy school lunch include _____.
(INSERT MENU ITEM HERE)

THURSDAY

It is National School Lunch Week and we are going to *Feed Your Creativity with a Healthy School Lunch*. Milk from dairy cows is a source of calcium. Calcium helps build the more than 200 bones in your body. Did you know that about half those bones are in your hands and feet? Without strong bones in their hands, authors couldn't use their creativity to write interesting books you read at school. You can get your hands on refreshing milk by getting a healthy school lunch.

FRIDAY

All week we learned how to *Feed Your Creativity with a Healthy School Lunch*. Today is a big day because we are ready to dance all day with a super source of vitamin C — citrus fruit. Texas red grapefruit is the state fruit of Texas. Your body needs vitamin C in grapefruit and oranges to grow and repair your skin and muscles. Using your strong muscles, show your creative dance moves in celebration of National School Lunch Week. Whether it's a citrus fruit or another Texas fruit like apples or melons, find a fruit in your lunch and make it a special treat today. Today's fruit choices include _____. Congratulations on eating nutritious foods to *Feed Your Creativity with a Healthy Lunch* during National School Lunch Week. For inspiration, choose a healthy lunch with grains, vegetables, protein, dairy and fruit.
(INSERT MENU ITEM HERE)

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Food and Nutrition Division
National School Lunch Week

www.SquareMeals.org
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