

“Notes From School”

National School Lunch Week

The week of October 10-14 is National School Lunch Week. President Harry Truman signed the National School Lunch Program into law in 1946 in order to provide school children with nutritionally balanced, low-cost, and free meals. President John F. Kennedy established National School Lunch Week through a proclamation in 1963 to help raise awareness of, and gain support for, the role that school food service and nutrition programs play in the lives of over 30 million children it serves in America every day.

The theme for this year is, "Show Your Spirit". It's about getting parents, students and school officials to show their spirit for school lunch. The "Show Your Spirit" campaign is made possible by the nonprofit School Nutrition Association. Parents and students can follow the fun via the hashtag #NSLW16. For more information about National School Lunch Week, visit <https://schoolnutrition.org/nslw/>

The School District of Mondovi's Food Service Department serves an average of 600 lunch meals, as well as 200 breakfast meals each day. All of these meals must meet Federal dietary guidelines. The USDA requires specifics with regard to serving fruits, vegetables, whole grains, sodium, calories, saturated fats, low-fat & fat-free milk, grains, and proteins. This can often lead to the difficult task to provide a meal that both meets the regulations and meets the students' taste buds. Our staff does a great job!

School meals play an important role in providing students with the energy they need to be successful in class. In order to achieve the most benefit from the district's nutrition program, students need to be willing to try the various items offered each day. Parental support is extremely important to the success of the food service program and the changes that are being implemented. By encouraging a child to try the new items on the menu, parents are reinforcing healthy eating habits and helping their child to develop a positive attitude toward trying new foods.

In acknowledgement of National School Lunch Week, please give a big "Thank You" to all of the employees of our Food Service Department who prepare and serve meals to our students every day!