



A Message from the Desk of

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National School Lunch Week



National School Lunch Week is October 11 through 15. The School Nutrition Association is encouraging all schools across the nation to participate by preparing the following special meals:

- Monday – no school
- Tuesday – “Step-It-Up” Spaghetti with meat Sauce
- Wednesday – Say “Cheese” Cheesy Steak Sandwich
- Thursday – “Action-Packed” Chicken Fajita Wrap
- Friday – “Reach-Your-Peak” Whole-Grain Pepperoni Pizza

Serving more than 31 million children every school day, the federally-funded National School Lunch Program (NSLP)

provides nutritionally balanced low-cost and free meals to students.

The program, which has been serving the nation's children for over 60 years, requires school meals to meet federal nutrition standards.

Meals are based on the Dietary Guidelines for Americans, meaning they contain no more than 30% of calories from fat, and less than 10% from saturated fat. Meals are served in age-appropriate serving sizes meaning you get the amount of food that your body needs!

This information was gathered from the following sources: schoolnutrition.org and traytalk.org

Thank you for your time and support. go to: www.claycountyschools.org

