

SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024



Troy City Schools is proud to present
National School Lunch Week on
October 14 - 18, 2024.

Ahoy, mateys! This year's fun and creative theme is *Find Your Treasure!*

It's no secret that pirates have long captured the imaginations of children and adults alike with their tales of high-seas adventures and hidden treasures. By tapping into this timeless fascination, National School Lunch Week aims not only to boost participation in the National School Lunch Program but also to foster a sense of excitement and camaraderie among students as they gather to break bread together. Get ready to set sail for a week of delicious lunchtime adventures and dig into some tasty treasures!



Created in 1962 by President John F. Kennedy, the National School Lunch Week Program (NSLP) aims to educate parents and students about all the wonderful benefits of school lunch. Research shows that children who participate in school lunch have a healthier diet compared to those who do not participate as more local foods are sourced directly from farmers and produce distributors. Additionally, healthy eating at school correlates with higher test scores and less absenteeism.* The NSLP has been fueling students' success for 77 years. School lunches meet federal nutrition standards limiting fat, calories and sodium. Today's school lunches include:

- Fresh fruits and veggies
- Whole grains
- Reduced/zero Trans Fat
- Low-fat dairy
- Healthy cooking and prep techniques
- Delicious baked items
- Salads

**Source: The Wellness Impact Report, 2013*

Lunch Menu for October 14 – 18, 2024

Menus are Subject to Change without Prior Notice

Monday, October 14, 2024: Fall Break

Tuesday, October 15, 2024: Cheeseburger, Whole Kernel Corn, French Fries, Apple Wedges, Assorted Milk

Wednesday, October 16, 2024: Salisbury Steak w/Gravy, Steamed Rice, Black-Eyed Peas, Candied Sweet Potatoes, Assorted Fruit, Cornbread, Assorted Milk

Thursday, October 17, 2024: Chicken Nuggets, Lima Beans, Potato Salad, Sliced Peaches, Wheat Roll, Assorted Milk

Friday, October 18, 2024: Southwest Cheese Sticks/Salsa, Spicy Beans, Fresh Vegetable Medley, Assorted Fruit, Assorted Milk

Joyce Curry, Director of Child Nutrition

Troy City Schools Child Nutrition Department

Cynthia Thomas, Superintendent

Troy City Schools



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