



National School Lunch Week

Dear Parents, Guardians, and Citizens of Pulaski County:

The week of October 10th- 14th is designated to celebrate school meals throughout the United States. Our nation has been serving meals to school children for over 60 years.

The School Nutrition Employees in Pulaski County Public Schools are committed to serving the children quality meals that are healthy and well balanced. Did you know that your child's school lunch meets the standards based on the Dietary Guidelines for Americans? This means they contain no more than 30% calories from fat and less than 10% from saturated fat.

School lunches also provide 1/3 of your child's Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories. Also, the meals are served in age-appropriate serving sizes meaning your child only gets the amount of food that he or she needs.

Please join us in this celebration by encouraging your children to participate in the breakfast and lunch program at their school in Pulaski County. Pulaski County School Nutrition Program served **234,774 breakfasts & 556,869 lunches to school children** last school year not including adults and extra items.

Have you noticed the variety of fruits, additional whole grain items, and dark green and orange vegetables on the menus? It is our goal to continue improving in areas of quality, variety and customer satisfaction.

- ✓ Please contact the school nutrition manager at your child's school if you wish to join your child for lunch during this special week; or anytime during the school year.

Visit www.pcva.us and click on the *lunch menu link* to view the menus for October.

As part of the celebration, the School Nutrition Association has launched a campaign, "**School Lunch - Let's Grow Healthy**".

If you need additional information regarding menu content, please contact:

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School Lunch
**LET'S GROW
HEALTHY**