

MORNING ANNOUNCEMENTS ELEMENTARY

FRIDAY BEFORE

Are you ready for liftoff <<NAME OF YOUR SCHOOL>> ? Next week is National School Lunch Week and the theme is “Blast Off with a Healthy School Lunch!” We will explore the Gourmet Galaxy with the help of you, the commanders of the Starship 3E’s — Education, Exercise and Eating Right. Your culinary space crew includes Moon Milk, Texas Star Citrus, Constellation Chicken, Planetary Peppers, and Zero Gravity Grain. Each member of the culinary space crew is in a different food group. The five food groups have everything we need for a healthy lunch.

MONDAY — Milk

It’s Monday of National School Lunch Week and Moon Milk is leading the culinary crew. We are going to “Blast off with a Healthy School Lunch.” The moon is more than 200,000 miles away from the Earth, but Moon Milk is close by on your lunch tray. Moon Milk helps you blast off with the calcium and vitamin D found in milk. Foods that have calcium and vitamin D are good for your bones. Drink local milk from Texas and help make sure your bones stay strong.

TUESDAY — Fruits

Today’s Tuesday of National School Lunch Week and we’re meeting Texas Star Citrus of the Culinary Crew. She’s helping us “Blast off with a Healthy School Lunch” that has fruit. The Texas red grapefruit is one the brightest citrus stars with an explosion of fruit flavor. The Texas red grapefruit is the official state fruit of Texas. The Texas red grapefruit is rich in vitamin C. Vitamin C boosts your immune system. Eat delicious fruit with your lunch today.



Food and Nutrition Division
National School Lunch Week

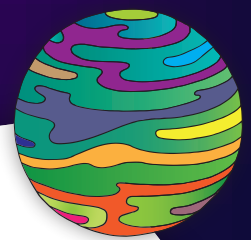


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 07/2020
www.SquareMeals.org



MORNING ANNOUNCEMENTS ELEMENTARY

WEDNESDAY — Protein

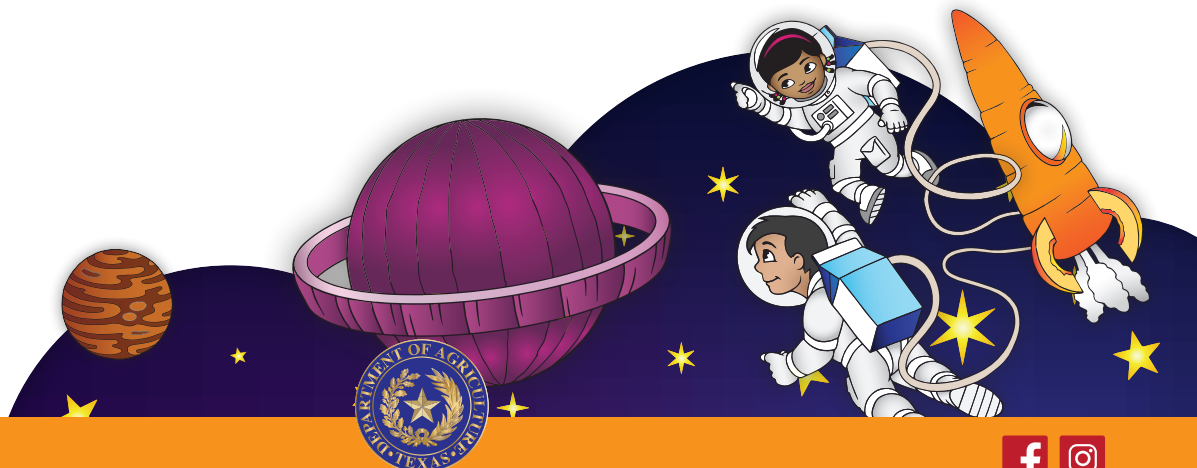
Constellation chicken provides a lot of energy for the culinary crew. For day three of National School Lunch Week we are going to get on the flight path to healthy muscles. Muscles do more than help you run around the gym. Did you know your heart is a muscle that works all the time? When you eat protein found in eggs, beans and lean meat like chicken, you get protein you need to build healthy muscles.

THURSDAY — Vegetables

It's National School Lunch Week and today we meet Planetary Pepper, from the culinary crew on Starship 3E's — Education, Exercise and Eating Right. Planetary Pepper knows astronauts need healthy eyes. Bell peppers are an excellent source of vitamin A. Vitamin A helps us see better. Did you know our solar system has eight planets – Mercury, Venus, Earth, Mars, Jupiter Saturn, Uranus, and Neptune. As you blast off with a healthy school lunch, try to eat eight different vegetables all week.

FRIDAY — Grain and Overview

You have been introduced to milk, fruit, protein and vegetables on your Culinary Crew. Today we meet Zero Gravity Grains. Wheat, rice, oats and corn are all grains and used in whole grain foods. They all grow in Texas. When you eat whole grains in bread, pizza crust and tortillas or eat brown rice, you get all the whole grain nutrition in these healthy foods. Every planet in the solar system has a different gravity and every food group on your plate has different nutrients. Choose all five food groups at lunch today to Blast off with a Healthy School Lunch.



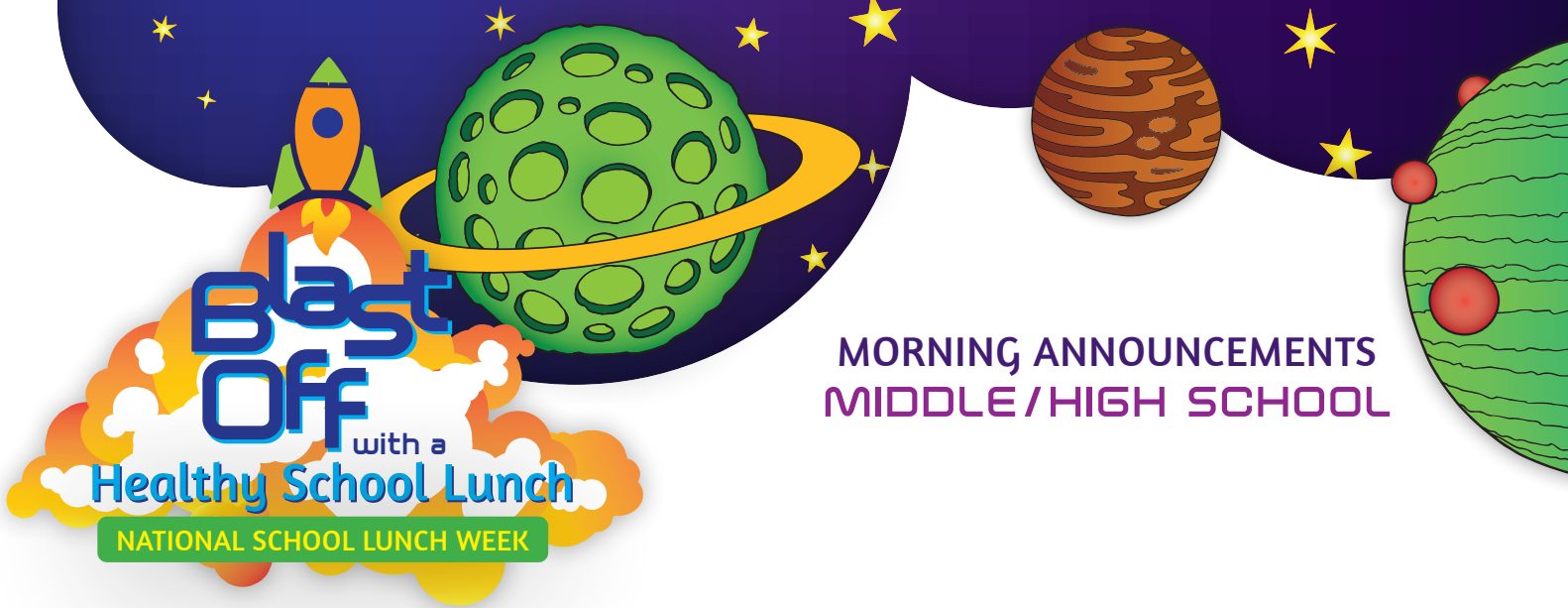
Food and Nutrition Division
National School Lunch Week

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 07/2020
www.SquareMeals.org



MORNING ANNOUNCEMENTS MIDDLE / HIGH SCHOOL

FRIDAY BEFORE

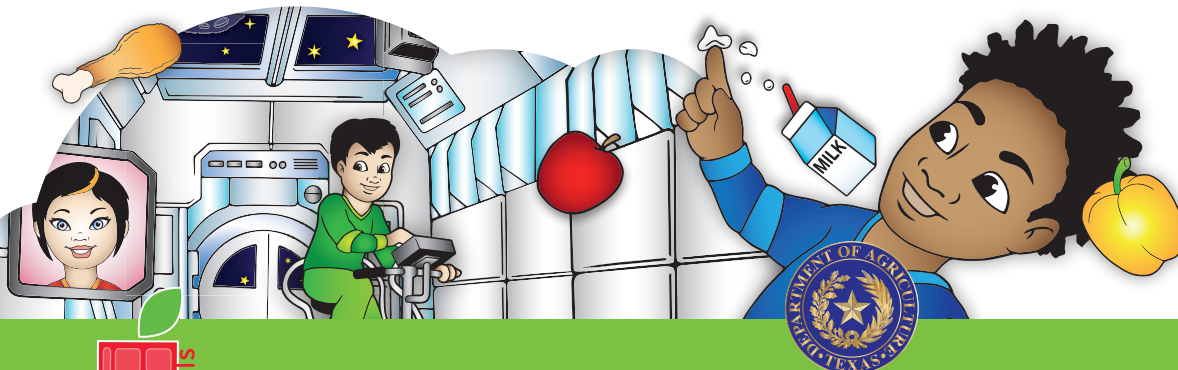
Are you ready for liftoff <<NAME OF YOUR SCHOOL>> ? Next week is National School Lunch Week and the theme is “Blast Off with a Healthy School Lunch!” We will explore the Gourmet Galaxy with the help of you, the commanders of the Starship 3E’s — Education, Exercise and Eating Right. Your culinary space crew includes Moon Milk, Texas Star Citrus, Constellation Chicken, Planetary Peppers, and Zero Gravity Grain. Each member of the culinary space crew is in a different food group. The five food groups have everything we need for a healthy lunch.

MONDAY — Milk

It’s Monday of National School Lunch Week and Moon Milk is leading the culinary crew. We are going to “Blast off with a Healthy School Lunch.” The moon is more than 200,000 miles away from the Earth, but Moon Milk is close by on your lunch tray. Moon Milk helps you blast off with the calcium and vitamin D found in milk. Foods that have calcium and vitamin D are good for your bones. Drink local milk from Texas and help make sure your bones stay strong.

TUESDAY — Fruits

Today’s Tuesday of National School Lunch Week and we’re meeting Texas Star Citrus of the Culinary Crew. She’s helping us “Blast off with a Healthy School Lunch” that has fruit. The Texas red grapefruit is one the brightest citrus stars with an explosion of fruit flavor. The Texas red grapefruit is the official state fruit of Texas. The Texas red grapefruit is rich in vitamin C. Vitamin C boosts your immune system. Eat delicious fruit with your lunch today.



Food and Nutrition Division
National School Lunch Week

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 07/2020
www.SquareMeals.org



MORNING ANNOUNCEMENTS MIDDLE / HIGH SCHOOL

WEDNESDAY — Protein

Constellation chicken provides a lot of energy for the culinary crew. For day three of National School Lunch Week we are going to get on the flight path to healthy muscles. Muscles do more than help you run around the gym. Did you know your heart is a muscle that works all the time? When you eat protein found in eggs, beans and lean meat like chicken, you get protein you need to build healthy muscles.

THURSDAY — Vegetables

It's National School Lunch Week and today we meet Planetary Pepper, from the culinary crew on Starship 3E's — Education, Exercise and Eating Right. Planetary Pepper knows astronauts need healthy eyes. Bell peppers are an excellent source of vitamin A. Vitamin A helps us see better. Did you know our solar system has eight planets – Mercury, Venus, Earth, Mars, Jupiter Saturn, Uranus, and Neptune. As you blast off with a healthy school lunch, try to eat eight different vegetables all week.

FRIDAY — Grain and Overview

You have been introduced to milk, fruit, protein and vegetables on your Culinary Crew. Today we meet Zero Gravity Grains. Wheat, rice, oats and corn are all grains and used in whole grain foods. They all grow in Texas. When you eat whole grains in bread, pizza crust and tortillas or eat brown rice, you get all the whole grain nutrition in these healthy foods. Every planet in the solar system has a different gravity and every food group on your plate has different nutrients. Choose all five food groups at lunch today to Blast off with a Healthy School Lunch.



Food and Nutrition Division
National School Lunch Week



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 07/2020
www.SquareMeals.org