

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

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National School Lunch Week is October 9th-13th and Mason City Schools Child Nutrition Department is focusing on “Ohio Recipes for Success” featuring some of the food companies that are located in Ohio. Here are some Ohio companies that we proudly serve in our cafeterias.



MCS Child Nutrition Celebrates National School Lunch Week

October 9th - 13th, 2017

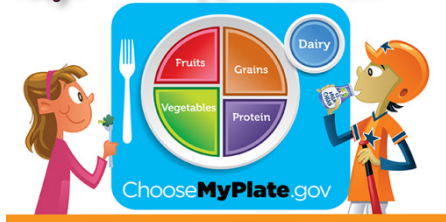
“Recipes for Success” during #NSLW17



The federally-funded National School Lunch Program (NSLP) provides nutritionally balanced, healthy meals to students every day. The program, which has been serving the nation’s children for over 60 years, requires school meals to meet federal nutrition standards like offering fruits and vegetables every day, serving whole grain-rich foods, and limiting fat, calories, and sodium. “School lunches are healthier than ever, with more fruits and vegetables, whole grains, and less fat and sodium,” says Tamara Earl, Child Nutrition Supervisor. “NSLW helps us educate parents and students about all the benefits of our lunch program, and the appealing choices we offer.” On October 10th, during NSLW, a guest Chef from JTM Food Group will be serving a Cincinnati favorite, cheese coney, at Mason Intermediate 56 using Cincinnati chili sauce made by JTM.



MyPlate Kids' Place



Check out www.choosemyplate.gov/kids for games, activity sheets and kid-friendly recipes. Become a MyPlate Champion!

 **Red Ribbon Week** 
October 23-27
Red fruits & vegetables remind us to eat healthy and stay drug free.

