

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

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Highlights during National School Lunch Week

We love serving food from local farms!
During NSLW we are featuring
“Locally Grown” Gala Apples
in all of our schools!



On October 17th all Mason
Intermediate 56 students will
receive a pack of basil seeds
donated from the “Ohio Proud”
company JTM Food Group
to take home.



MCS Child Nutrition Celebrates National School Lunch Week October 15th - 19th, 2018

National School Lunch Week (NSLW) is an opportunity
to educate parents and students about the benefits of our
lunch program, and the appealing choices we offer.

The theme this year is “Lots2Love”
and at Mason City Schools there
is a lot to love about the Child
Nutrition Department. The Child
Nutrition Department strives to make
school lunches healthier than ever with
a variety of fresh fruits and vegetables,
whole grains, low-fat milk and lean proteins,
while still limiting fat, calories and sodium to meet
federal guidelines. In addition, Child Nutrition
participates in nutrition education throughout the district.



Did you know?

- The National School Lunch Program (NSLP) was signed into law in 1946 and serves 30 million students every school day!
- National School Lunch Week (NSLW) was created in 1962 by President John F. Kennedy to recognize the importance of a healthy school lunch in a child’s life.
- 95% of U.S. elementary and secondary school students are enrolled in schools that participate in the NSLP.

Follow and use these hashtags for celebrating NSLW!
#Lots2Love during #NSLW18



Red Ribbon Week October 22-26

Featured **RED** fruits &
vegetables remind us to eat
healthy and stay drug free.

October 5th is National Smile Day
We love serving our
customers with a SMILE.

