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COUNTY CHARTER SCHOOL SYSTEM

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Putnam County Charter School System Schools Celebrate National School Lunch Week

"School Lunch Snapshot" Will Showcase how School Lunch Has Changed

Eatonton, Georgia -October 12, 2015 – Happy Columbus Day! To recognize the National School Lunch Program (NSLP) and the 30 million children it serves every day, Putnam County Charter School System (PCCSS) will recognize **National School Lunch Week from October 12-16, 2015**. The theme, "School Lunch Snapshot" is all about sharing the best images of today's school lunches.

National School Lunch Week will emphasize the healthy foods that are offered daily at Putnam County Charter schools. In addition, PCCSS will be conducting taste testing of new food items during lunch at PCCSS Middle and High Schools on October 13 & 16, respectively; hosting a **very special guest** for the children of PCCSS Primary School on Wednesday, October 14, 2015; and serving in solidarity with other Georgia School Nutrition Programs our showcase meal consisting of **Bulldog BBQ sandwich or Yellow Jacket Hot dog, Broccoli & Say Cheese, Facebook Friendly Fries, and Snap Chat Strawberry cup**.

"School lunches are healthier than ever, with more fruits and vegetables, whole grains, and less fat and sodium" said Abdul K. Lindsay MScFT, RD, LD and Putnam County Charter School Nutrition Director. "National School Lunch Week helps us educate parents and students about all the benefits of our lunch program, and the appealing choices we offer contrary to what is too often promoted in the media".

PCCSS continues to offer mouthwatering **flavorful foods such as sautéed mushrooms, roasted pumpkin topped with olive oil and cinnamon or nutmeg seasoning, and rosemary barbeque grilled chicken from our High School Charbroiled grill**. Also, "we practice nutrition education through our decorative menu nutrition education boards or nutrition education activities" said Abdul K. Lindsay MScFT, RD, LD and Putnam County Charter School Nutrition Director.

The federally-funded 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.

The "School Lunch Snapshot" campaign is made possible by the nonprofit School Nutrition Association. Parents and students can follow the fun via the hashtag #NSLW. For more information about schools meals, please visit us at the following website: www.putnamnutritionprogram.com.

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