

SNS NEWS

FOR PARENTS AND STUDENTS OF RICHLAND ONE



FEBRUARY 2020

UPCOMING EVENTS

National School Breakfast Week (NSBW)

- March 2-6, 2020

The **#NSBW2020** theme is, "School Breakfast: Out of this World!" Our breakfast program is blasting off into new territory! Please encourage your students to stop into their school cafeteria to eat breakfast everyday as it is the most important meal of the day. Studies show that children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading & math.
- Score higher on standardized tests.
- Have better concentration & memory.
- Be more alert & maintain a healthy weight.



National School Lunch Hero Day

- May 1, 2020

The first Friday in May is National School Lunch Hero Day. Do you remember the smiling face that prepared & served your meals in school? This day is dedicated to all of the men and women who make a difference each day to make the cafeteria a great place to eat!

#SchoolLunchHeroDay



DID YOU KNOW?

- Plant based meals are offered on our lunch menu.
- Students eat at no charge as a part of our Community Eligibility Provision (CEP).
- Salad bars are available in most of our schools.

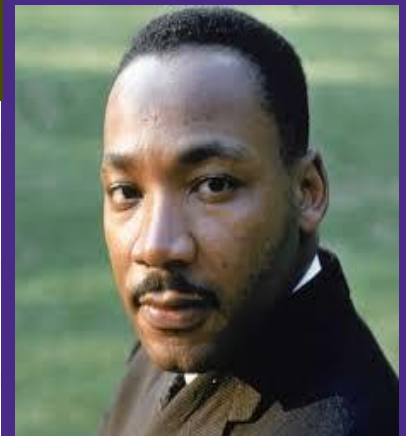
JOIN US FOR MEAL SERVICE!

2019- 2020 Adult Prices:
Breakfast.....\$2.25
Lunch.....\$3.75

MLK FOOD DRIVE

Each year, Richland One and the City of Columbia team up to conduct a food drive for Harvest Hope Food Bank in memory and in honor of Dr. Martin Luther King, Jr. This year, 8,898 pounds of food were collected through the drive, with Richland One schools and administrative offices collecting 7,053 pounds of the overall total!

Congratulations to the schools that collected the most food through this year's drive: Burton-Pack Elementary (2,056 pounds); Meadowfield Elementary (808 pounds); and Southeast Middle (793 pounds).



OFFER VS. SERVE (OVS)



The goal of OVS is to reduce food waste and allow children to select the food they want to eat. Students must make the following selections during each meal service:

Breakfast

- Students must be offered four food items (fruit, grains, fluid milk) and select at least three out of four items which includes ½ cup of fruit or vegetables.

Lunch

- Students must be offered five food components and select three out of five components including ½ cup of fruit or vegetables, grains, meat/meat alternative, fluid milk.

Want to bring your lunch from home? No problem! Let us provide three components to enhance your meal. Bring your sandwich from home and enjoy a fruit/vegetable, grain (Sun Chips), and milk on us!

PLANT-BASED INITIATIVE

The Student Nutrition Services department is made up of a team of food and nutrition professionals dedicated to students' health, well being, and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practice. We are thrilled to offer plant-based options during our meal service. Not only do we offer a daily salad bar during our lunch service, but we also introduce a plant-based option to our menu each month. Check out our menus to see the exciting plant based options available!

WE VALUE YOUR FEEDBACK!



[CLICK HERE](#) to provide suggestions on our school meals and/or meal programs served in our cafeterias. You can also share ideas on foods and beverages sold on campus which includes school campus canteens. All feedback will be shared with the wellness committee and/or designee.

