



NUTRITION NEWSLETTER

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SCHOOL LUNCH HERO DAY

LETTUCE CELERY-BRATE!

Friday, May 3, 2019

Our school nutrition employees work hard every day to prepare over 1300 healthy and tasty meals for the staff and students at Baldwin-Woodville Area Schools! School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank these employees for their hard work and commitment.

On top of preparing meals and offering service with a smile, food and nutrition employees at BW Schools are also School Nutrition Certified by the School Nutrition Association! This ensures healthy and safe meals are served every day.



Did You Know?

Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats.

Tip of the Month:

More Movement in May!

Physical Guidelines for Americans recommends 150-300 minutes of moderate-intensity exercise weekly (or 75-150 minutes of vigorous intensity exercise). This can be accumulated in any increment to meet your weekly minimum!

- Park further away at the grocery store
- Take the stairs instead of an elevator
- Go for a walk around the building
- Play outside!

Meet Just a FEW of Your Many School Lunch Heroes!



Colleen Leavitt, Viking Middle School Kitchen Manager

Years of Service: 14 years in the kitchen, but 25 years with the district total!

Favorite School Meal: Carol's Chicken Noodle Salad

Amy Gunsallus, High School Kitchen Manager

Years of Service: 13 Years

Favorite School Meal: Tator Tot Hotdish



Rich Carlson, High School

Years of Service: 6 years

Favorite School Meal: Mandarin Orange Chicken

Ms. Kim and Ms. Julie love participating in the dress up days at Greenfield Elementary! Seeing the students smile and laugh as they come through the lunch line brightens their day.



As the end of the year approaches, be sure to check your child's lunch account balances!

Look for the Comment/Suggestion box on the district website and let us know your feedback on our program.

HAVE A GREAT SUMMER!