



# Nutrition Newsletter

## School Lunch: What's on Your Playlist?

### National School Lunch Week October 14th-18th

The 2019 National School Lunch Week (NSLW) theme spotlights the wide variety of flavors, dishes, delivery options and tastes that can be customized in today's school lunch. The National School Lunch Program serves more than 30 million children every school day. President John F. Kennedy created NSLW in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. Visit [www.schoolnutrition.org/nslw](http://www.schoolnutrition.org/nslw) for more fun information!

#### In this Issue:

- ◆ National School Lunch Week
- ◆ NSLW Playlist
- ◆ Menu Prices
- ◆ Nutrition Tip
- ◆ Contact Me

### Our NSLW "Playlist":

- Monday:** Hip-Hop Hotdog or Chart Toppin' Cheddarwurst
- Tuesday:** Jazzy Meatball Sub or Classical Cold Cut Sub
- Wednesday:** Dubstep Dunkers or Punk Rock PB&J Uncrustable
- Thursday:** Country Chicken and Gravy or Disco Deli Sandwich
- Friday:** Rockin' Hot Ham and Cheese or Techno Turkey Sandwich



### Nutrition Tip:

#### Make half your plate fruits and vegetables!

Adding colorful fruits and vegetables to your plate is important because they provide vitamins and minerals and most are low in calories!

Reference: USDA MyPlate

*Each school offers a fresh garden bar at lunch, with fresh greens as well as at least 2-3 additional fruits and vegetables every day!*

### Meal Prices:

- Breakfast: \$1.90 (K-12th)  
\$2.50 (Adult)
- Lunch: \$2.35 (K-5th)  
\$2.55 (6th-12th)  
\$3.80 (Adult)

### FREE/REDUCED MEALS:

- FREE or \$.30 for Breakfast  
FREE or \$.40 for Lunch

Fill out an application on Skyward Family Access or find the printable application on the District Food Service website.

Any questions, contact  
Joni Wernlund @ 715-684-3411 x 1103

### We Want to Hear from YOU!

Tell us YOUR favorite meals! What is your favorite meal we serve? What meal do you think we should serve? We want to know!

Let us know by using the Comment/Suggestion link on Food Service section of the District website! Or send me an email at [gipoliak@bwsd.k12.wi.us](mailto:gipoliak@bwsd.k12.wi.us)

