

# National School Lunch Week:



## MONDAY, October 14:

Hello Champ's Cafe Customers!

It's time to celebrate the healthy meals that the National School Lunch Program offers to you every school day! Our theme this year is "What's on your Playlist?" So, what do you like to eat for lunch at Champ's Cafe? One of the food items offered everyday for meals is a protein entree. Perhaps you like chicken nuggets or beef dippers or pizza. All entrees provide your body with protein, Your body uses protein to build and repair tissues. Protein is used to make enzymes, hormones, bones, muscle, skin and blood. As you join us for lunch today, think about the important nutrient protein as you choose your entree down at Champ's Cafe!

## TUESDAY, OCTOBER 15:

Hello to our Champ's Cafe Customers!

"What's on your Playlist?" is our theme for National School Lunch Week! What fruits and vegetables do you enjoy with your Champ's Cafe entree, grain and milk? Fruits and vegetables provide so many nutrients that our bodies need to stay healthy, from Vitamins A, C and K to Minerals such as potassium and iron. Do you like fresh fruit like apples and oranges? Canned fruit such as pears and pineapple? Perhaps you like dried fruit like raisins, or you enjoy our frozen fruit--strawberries and peaches. Champ's Cafe offers two vegetables every day to you so your body can gain lots and lots of fiber, vitamins and minerals. Nothing makes our Champ's Cafe staff happier than to see our student customers choosing and eating fruits and vegetables! As you join us for lunch today, think about the important nutrients that fruit and vegetables provide your body as you choose your food items for lunch down at Champ's Cafe!

## WEDNESDAY, OCTOBER 16:

Attention all Champ's Cafe Customers!

We're celebrating National School Lunch Week with our theme of "What's on your Playlist?!" Whole grains and breads are one of the 5 food items comprising your school lunch meal. Whole grains can be found in your pizza crust, pasta noodles, rice pilaf, sandwich bun and even the breading on your chicken nuggets. Whole grains

give us fiber and several B vitamins, including thiamin, riboflavin, niacin and folate. Whole grains provide some minerals, too, from iron and magnesium to calcium and zinc. As you join us for lunch today, identify the grains offered in your meal and think about all the important nutrients whole grains provide as you choose your food items for lunch down at Champ's Cafe!

## **THURSDAY, OCTOBER 17:**

Good Morning Champ's Cafe Customers!

Today is our last day of "What's on your Playlist?", our theme for National School Lunch Week. All week we have focused on the food items that make up your delicious and nutritious Champ's Cafe school lunch, from our protein entrees and fruit, to vegetables and whole grains. Our 5th school lunch food item is milk. Milk is considered a superfood because it offers almost every nutrient your body needs to grow and maintain good health. Milk is known for its calcium and phosphorus to help building strong teeth and bones, but it also contains iron and B vitamins. Whether you choose chocolate or regular skim milk, as you join us for lunch today, think about the important nutrients the superfood milk provides your body as you choose your food items for lunch down at Champ's Cafe!

