

SCHOOL LUNCH HERO DAY

Whitehall Central Schools to Honor the School Lunch Heroes Serving Healthy Meals

Celebrating School Lunch Hero Day on May 3, 2019

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, **Whitehall Central School** nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, WCSD schools will celebrate School Lunch Hero Day on May 3. This day, celebrated annually since 2013, was designated by The School Nutrition Association. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to 30 million of America's students each school day.

In both our schools, our lunch ladies will be honored with recognition from students, school staff, parents, and the community. **We encourage students, staff and the community to offer a special thanks to our fantastic lunch ladies!**

"School nutrition employees must balance many roles and follow numerous federal, state and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hardworking heroes" said Deb Mackey, Food Service Director. 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.

The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Get the details about School Lunch Hero Day at www.school lunch heroday.com. To learn more about the school nutrition program for WCSD, visit www.railroaders.net

The School Nutrition Association (SNA) is a national, non-profit professional organization representing more than 57,000 school nutrition professionals across the country. Founded in 1946, SNA and its members are dedicated to making healthy school meals and nutrition education available to all students. To find out more about today's school meals, visit www.schoolnutrition.org/SchoolMeals.