

School Food and Nutrition Services Celebrates National School Lunch Week

National School Lunch Week (NSLW) is October 9-13, 2017. This week gives School Food and Nutrition Services an opportunity to showcase the quality of our nutritious meals.

This year's NSLW theme is "School Lunch: Recipes for Success," and we are celebrating with a selfie contest! Many of our school lunch items are made using our own tried and true recipes. Tweet a photo of yourself with your favorite scratch-made, school lunch item for a chance to win a prize!

Here are the rules:

1. Picture must include at least one of our scratch-made menu items.
The following are served on October 10-12:
 - a. **Elementary:** Zesty Meatloaf, Stir Fried Cabbage, Vegetable Baked Ziti, Super Food Salad, Sloppy Joe Sliders, Strawberry Shortcake, Dinner Rolls, Tossed Salad, BLT Salad, Creamy Cucumber Moons
 - b. **Middle:** Lasagna, Kickin' Roasted Veggies, Garlic Bread, BBQ Pulled Pork, Baked Beans, Fruit Crisp, Greek Salad, BLT Salad, Philly Cheesesteak, Tossed Salad
 - c. **High:** Cilantro Lime Rice, Spicy Beef, Black Beans, Mango Pineapple Salsa, BLT Salad, Greek Salad, Grilled Cheese Sandwich, Strawberry Shortcake, Garlic Bread, Baked Ziti, Pepperoni Stromboli, Steak and Cheese Stromboli, Tossed Salad, Ham and Cheese Croissant, Stuffed Shells
2. Tag [@PWCSNutrition](#) in your tweet.
3. Use the hashtag [#PWCSLunch](#).
4. Contest begins October 10th. Entries must be received by 5:00 pm on October 12th.
5. No twitter? No problem! You can still enter the contest by emailing your selfie to RONKSG@pwcs.edu by 5:00 pm on October 12th.
6. Photos will be judged on the following criteria: adherence to theme, clarity of picture, overall impression. A photo will only be considered once, so multiple posts of the same photo will not increase chances of winning.

Up to 4 winners will be chosen from each school level (elementary, middle and high). Winners will be announced via twitter on the last day of National School Lunch Week, Friday, October 13th. Elementary and middle school winners will receive a Kindle Fire. High school winners will receive a pair of Beats headphones.

What else is happening during National School Lunch Week, you ask? Locally grown foods will be served, and we encourage parents or other family members to come join us for lunch. Stop by the cafeteria and see for yourself what delicious, healthy choices are available to students every day!

