

The 18th Annual “School Lunch: What’s on Your Playlist?”

The Food and Nutrition Services Team is proud to announce the 18th Annual Nutrition and Exercise Challenge! Beginning in August and ending in April, we will be featuring a monthly nutrition and exercise challenge. The challenge for each month will be placed on the monthly menu that is available on the FNS website and posted in the cafeteria. If the student participates in the monthly challenge their name will be placed on the “School Lunch: What’s on your Playlist?” display that will be in each Elementary cafeteria. At the end of the year one name will be picked from the display and that lucky person will be the winner of a grand prize bike! Names will also be drawn at the end of each month and special prizes will be awarded throughout the year. There will be a total of 9 monthly challenges. Students can participate in as many challenges as they like. The more they participate, the better their chances are to win. Upon completion of the monthly challenge, a note from a parent, guardian, Physical Education teacher, or a YMCA Director is required stating the challenge was completed.



Challenges for the Year 2019-2020 School Year

August

Exercise: Try a new sport or game outside 1 day a week this month, to get your 60 minutes of physical activity each day.

Nutrition: Follow MyPlate and make half your plate fruits and vegetables at least 3 days a week this month.

September

Exercise: Join your school’s walk/run club or walk 3 times a week, to get your 60 minutes of physical activity each day.

Nutrition: Choose fresh whole fruit in place of juice every day this month.

October

Exercise: Can you do a pushup? See how many you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

Nutrition: Eat a healthy school lunch during National School Lunch Week-October 14th - 18th this month.

November

Exercise: Get your heart rate up! Jog in place for 3 minutes, 3 times a week as part of your 60 minutes of physical activity each day.

Nutrition: Try a vegetable from each color of the rainbow this month such as sweet potatoes, broccoli, black beans, squash, red peppers, or eggplant.

December

Exercise: See how many sit-ups you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

Nutrition: Breakfast is the first chance to fuel your day! Eat breakfast everyday this month.

January

Exercise: Test your balance! See if you can walk on a balance beam or on a straight line for 1 minute, once a week this month as part of your 60 minutes of physical activity.

Nutrition: Learn about where your food comes from. Choose 10 foods and learn about how they are grown.

February

Exercise: Keep your heart healthy! Do jumping jacks for 2 minutes, 2 days a week as part of your 60 minutes of physical activity each day.

Nutrition: Try not to eat too much salt. Choose snacks without added salt each day such as smoothies, fresh veggies & dip, or a yogurt parfait.

March

Exercise: Do you have flexibility? Bend down to touch your toes 10 times, holding for 5 seconds each, twice a week as part of your 60 minutes of physical activity this month.

Nutrition: Eat a healthy school breakfast during National School Breakfast Week - March 2nd - 6th.

April

Exercise: Limit screen time. Choose to play outside instead, 4 days a week this week to get your 60 minutes of physical activity.

Nutrition: Celebrate dairy month with us during the month of April! Choose fat free or low fat milk to drink. Choose fat free or low fat yogurt or cheese as snacks to get your calcium and vitamin D!

****The Grand Prize Bike will be Awarded in May****

Please cut out & bring to the cafeteria each month:

