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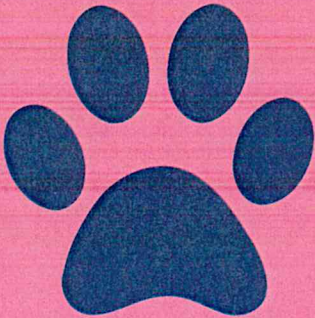
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The Forest Municipal School District is dedicated to serving healthy and nutritious meals to each and every student in our district. This agency is an equal opportunity employer and provider.

Growing healthy minds and bodies, one tray at a time

# FMSD Child Nutrition Newsletter October 2018

## Welcome!

Hello fellow staff, students, visitors, and parents! The FMSD Child Nutrition Department is excited to introduce to you our very first newsletter! Inside you will find all things Child Nutrition related and more.



## Announcements

### National School Lunch Week (NSLW)

October 15-19 2018

About: President John F. Kennedy created National School Lunch Week in 1962. This year's theme is "School Lunch: Lots 2 Love." The National School Lunch Program serves more than 30 million children every school year!

### Why participate in NSLW?

- Helps to recognize the school lunch programs at our schools
- It increases student participation
- Helps us connect with staff at our schools to spread the word that school

### Lets make this fun!

- Activity sheets
- Fun prizes and contests
- Banners/posters at each cafeteria site
- Flyers for parents/guardians

Source: School Nutrition

Association

## Fun Fact

25% of an apple's volume is air; that's why they float.

source: New York Apple Association

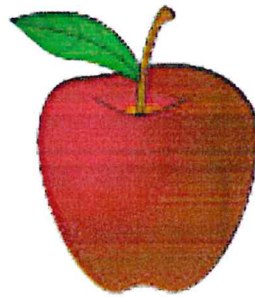
Use Nutrition Facts Label to make food choices.

- Measure out single servings of snacks
- Read the label on your favorite snacks and measure out single servings

Keep them in resealable plastic bags or containers so you can grab-and-go!

source:

[fda.gov/nutritioneducation](http://fda.gov/nutritioneducation)



## Question Teaser of the Month

What has to be broken before you can use it?

Answer: Egg

Source: [frugalfun4boys.com](http://frugalfun4boys.com)



## Recipe of the Recipes

### Tuna Apple Salad Sandwich

Put a twist on your regular tuna salad sandwich by adding a mixture of tuna, apples, and raisins.

#### Ingredients:

1-apple (any kind)

1-can 12 oz. chunk light tuna

ground black pepper

8-lettuce leaves (your choice)

8-slices whole grain bread

2-tsp bsp low fat plain yogurt

2-tsbreduced fat mayo

1/2- cup raisins

1/8-tsp

#### Directions:

1. Cut apple in quarters; remove core and chop.
2. In a medium bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna; then make sandwiches.

