



Westminster High School
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Westminster High Nutrition News

All the news that's Fit and Healthy

September/October 2009

Meet our Team!

Name: Debbie Green

Job: Cafeteria team member

Years at: WHS 5 years!

Favorite School Lunch :

Chicken Patty! with fresh apple and cold low fat milk!

What I love about our students:

I love it when students comes in for breakfast with big smiles and say they can't wait for the chicken patty at lunch today!

Important Dates

October 12-16 National School Lunch Week
Theme is "All-Star School Lunch"



Nutrition Tidbits

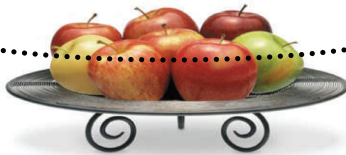
More than half of all apples grown in the United States for fresh eating come from orchards in Washington State.

One apple has five grams of fiber, supplying 20 percent of the daily fiber recommendation.

There are more than **7000 varieties of apples.**

Did you Know?

You can reapply for meal benefits at any time during the school year if your income changes, household size goes up, or your household qualifies for SNAP (formerly called Food Stamps) or TANF.



Give your child a healthy start!

Make sure your kids start the school day with a healthy meal. Have your child participate in the School Breakfast Program!

School Breakfast:

- * can improve test scores;
- * make kids more alert in class; and
- * improve classroom behavior.



School Meals are Balanced and Healthy

Lunches that are part of the National School Lunch Program (NSLP) must meet nutrition guidelines including:

- ◆ limiting fat and saturated fat;
- ◆ providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C;
- ◆ meeting the Dietary Guidelines for Americans;
- ◆ providing the right balance of protein, dairy, whole grains, fruits and vegetables.

Published by:
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