

# SCHOOL LUNCH HERO DAY

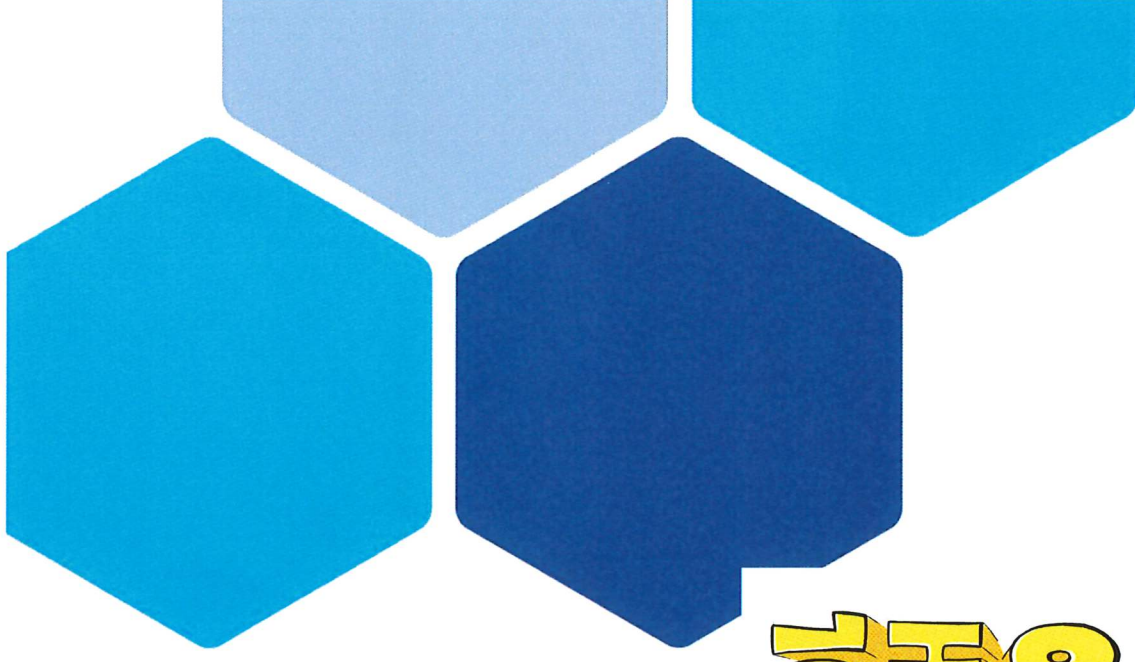
## May 2nd, 2025

District Highlight May 2025



Middletown Public Schools  
*Cultivating the Brilliance in Each Student*

# SCHOOL LUNCH HERO



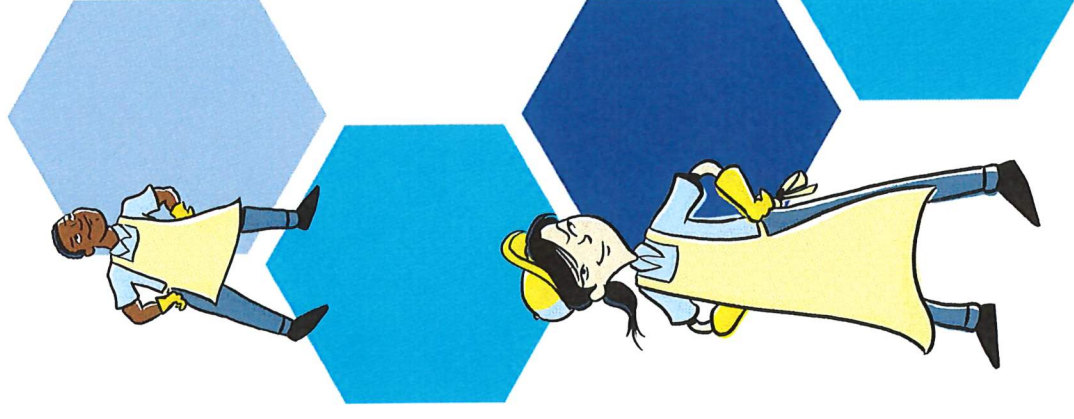
# What is School Lunch Hero Day?

## Celebrated the First Friday in May

Every day, school nutrition professionals serve healthy meals, manage allergies, follow strict nutrition standards, and do it all with a smile.

**School Lunch Hero Day**, created in 2013 by the School Nutrition Association and author Jarrett J. Krosoczka, honors these behind-the-scenes heroes. Inspired by Krosoczka's *Lunch Lady* graphic novels, this day celebrates the vital role cafeteria teams play in nourishing students and supporting learning.

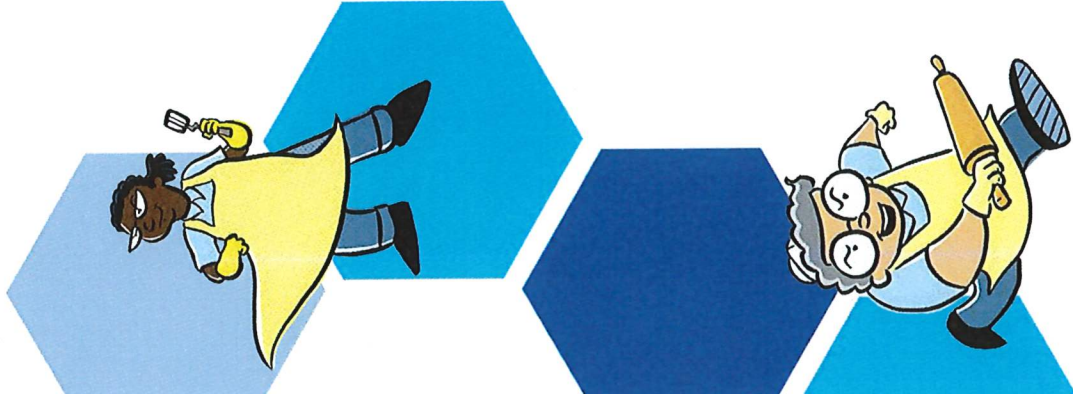
**Not all heroes wear capes—some wear aprons!**



# Our Middletown School Lunch Heroes!

Here in Middletown Public Schools, we believe that our team members are not just “lunch ladies” but that they are School Nutrition Professionals who play a vital role in the educational day of our students.

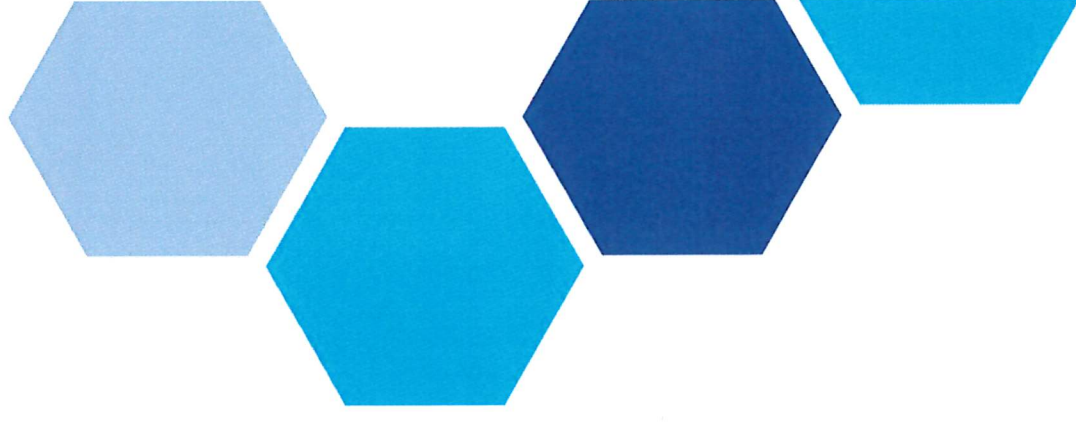
We operate the largest and most complex restaurant in town and have taken great pride in our work here in Middletown, regularly being recognized by the state and federal governments along with various organizations for our leading role in changing the perception of School Nutrition.



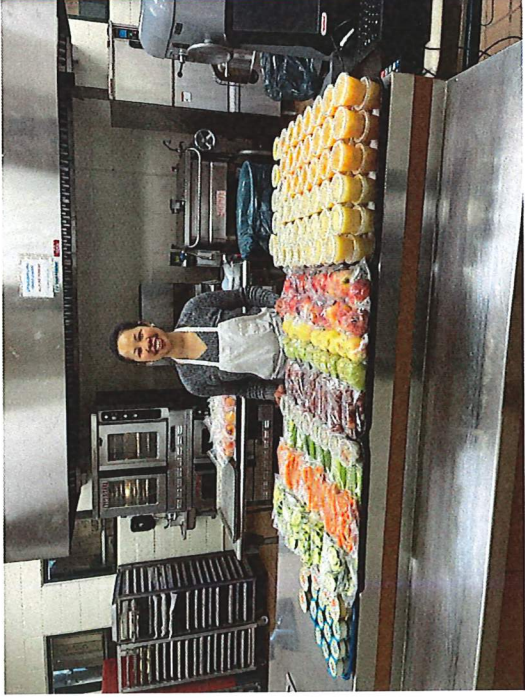
# Beyond the Cafeteria

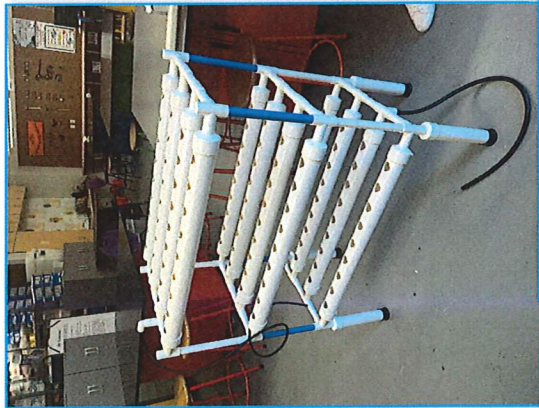
Outside of their roles in the Cafeteria where our SNP's navigate strict federal regulations and administrative tasks to provide students with the most nutritious meals possible, our school nutrition professionals are diving directly into the educational day. Some of our highlights of their work include:

- Leading After School Cooking, Nutrition and Wellness Clubs at Beman, MHS and Wesley. Students learned about healthier cooking methods and recipes while also having an emphasis on SEL and Nutrition Education
- Farm to School: In all of our Cafeterias, our SNP's have been educating students on the importance of supporting local farms and sharing how we at MPS are dedicated to supporting our local farmers and their relationship to sustainability. Several of our schools have also started school gardens both inside and outside with more to come
- Classroom lessons and field trips. Some of our SNP's have been speaking to students in their classrooms about the importance of their work and their role in keeping our students fed so they are ready to learn
- Cafeteria Nutrition Education: All of our School Cafeterias are equipped with Nutrition Education Stations that have taken home resources for students to take home to further educate themselves on all areas of good nutrition.
- Student Engagement: From student surveys, to student menu groups, to obtaining student feedback, we are focusing on Student Voice and Choice to improve our services and our menus. Our food is only nutritious if our students consume it so we want to make sure that we are providing them foods they want to eat



# Uplifting our Work





## Harvest of the Month

OCTOBER



BELL PEPPERS

GREEN BEANS



from  
Cold Spring Farm  
in Colchester

Bell peppers are very high in Vitamin C—just one provides 150% of the recommended daily amount!

Green beans are a good source of Vitamin K which helps with bone & blood health!

## VEGETABLE STIR-FRY



### NUTRITION TIP:

For a more nutritious stir fry, serve with whole grain brown rice, and lean proteins such as tofu or chicken breast.



## CHICKEN NOODLE SOUP WELLNESS TIP:

Chicken noodle soup is often hailed as a treatment for flu-like symptoms. It nourishes your body with immune-supporting vitamins and the energy to fight off disease while keeping you hydrated and decongested.



## March Recap

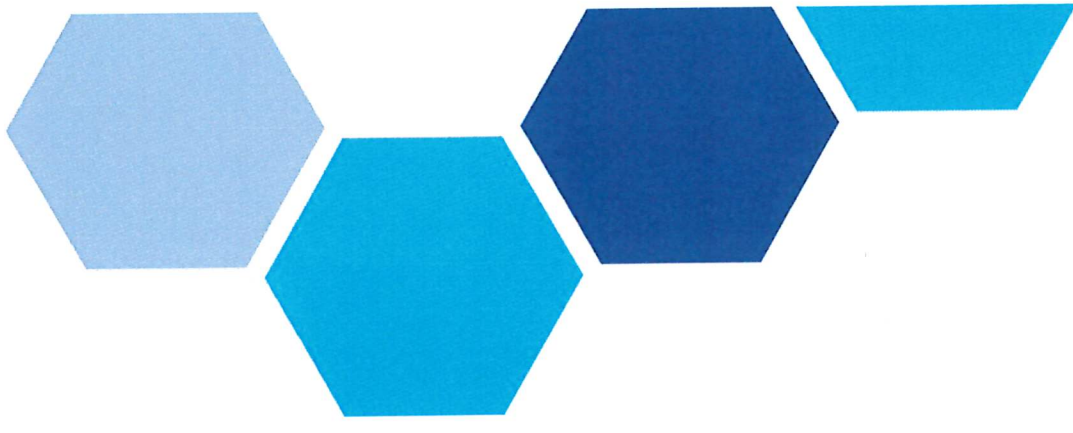




# **We are just getting started...**

Despite federal funding challenges, through our collaboration as a team school meals will not only be getting healthier, but we will be taking them to a new level through culinary training, uplifting student voices and through our commitment to support our MPS community.

We are expanding our school garden partnerships, further training our team and working with district and building leaders to expand our presence in the educational sphere with our students





**THANK YOU TO  
OUR SCHOOL  
NUTRITION  
PROFESSIONALS**