

Name: _____

Date: _____



Thank you, National School Lunch Heroes!

Your school nutrition staff work hard to make lunchtime the favorite part of your day! On National School Lunch Hero Day we celebrate the amazing folks who serve your meals with love and encouragement.

Directions: Answer each question below. Write or draw your answers in the blanks. Remember to thank your cafeteria staff today!

Write a message thanking your school nutrition staff:

What is your favorite school breakfast or lunch?

Draw a picture of your favorite school meal:



National School Lunch Hero Day - Teacher Instructions

School Lunch Hero Day is May 3, 2024

On Friday, May 3rd students will show their appreciation for their school nutrition staff as part of School Lunch Hero Day. Students will shower their school lunch heroes with thanks, cards, and recognition.

Teachers will hand out worksheets to students to complete during school breakfast along with pencils, colored pencils and/or markers. Completed sheets should be collected at the end of breakfast and delivered to school nutrition staff during lunch service.

More on National School Lunch Hero Day:

School nutrition staff strive to make lunchtime the favorite part of every student's day. From their friendly greetings in the cafeteria and the love they dish out with every student's meal, to how they encourage kids to eat more fruits and vegetables, our school nutrition professionals are truly heroes. Between preparing healthy meals, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, School nutrition professionals have a lot on their plate.

Under updated federal nutrition standards, school nutrition staff offer a wide variety of fruits and vegetables, whole grains, lean protein and fat free or low fat milk with school lunch. Cafeterias must also limit the sodium, calories and saturated fat in each meal. School nutrition professionals have been mixing up the menu and getting students excited about trying these healthier choices.

School Lunch Hero Day is a nationwide celebration hosted by Jarrett J. Krosoczka, author and illustrator of the popular LUNCH LADY graphic novel series and the School Nutrition. Inspired by his own childhood school lunch hero, Jean J. Cariglia, Jarrett J. Krosoczka created the popular LUNCH LADY series of graphic novels for kids, starring a crime-fighting school nutrition professional and her faithful sidekick, Betty.

School Lunch Hero Day gives schools and communities the opportunity to thank the school nutrition professionals who serve 30 million students each day. Creative ideas, downloads in English and Spanish and details are available at www.SchoolLunchHeroDay.com.

National School Lunch Hero Day - Morning Announcement Script

School Lunch Hero Day is May 3, 2024

Today is National School Lunch Hero Day, a day to celebrate all of our school nutrition staff who strive to make lunchtime the favorite part of your school day!

School Lunch Hero Day is a nationwide celebration hosted by Jarrett J. Krosoczka, author and illustrator of the popular LUNCH LADY graphic novel series inspired by his own childhood school lunch hero, Jean J. Cariglia.

From their friendly greetings in the cafeteria to the love they dish out with every student's meal, our school nutrition professionals are truly heroes. Remember to thank your cafeteria staff today and show your appreciation!