

LEVEL UP

with School Lunch



THEME DAY IDEAS

Please join the Texas Department of Agriculture in celebrating National School Lunch Week (NSLW), October 9-13. Encourage your students to “Level Up with School Lunch” all week long. Students can get their NSLW Game On with the fun activity ideas below. Include these theme day activities in your school’s morning announcements and/or school menu. Implement one or more ideas or use them as inspiration for your own theme days to help generate student participation and excitement for NSLW 2023!

How Will You LEVEL UP?

Level 1 High Score

Get the nutrition “high score” at your school! Count how many different fruits and vegetables you can eat during National School Lunch Week. Extra “HP” (health points) for eating ones from Texas!

Level 2 Power Up

Don’t get “pwned” – power up with a healthy school lunch! Make your #NSLWBiteSeenAcrossTX and try a new school food in the cafeteria today!

Level 3 Ready Player 1

What’s your favorite game character? As you go through the lunch line, speak and act like them. See if the cafeteria nutrition staff can guess who you are!

Level 4 XP

Wednesday is National Take Your Parents to Lunch Day! Invite your parents to get some nutrition “XP” and come see how a school lunch can take your tastebuds and your health to the next level!

Level 5 Winner

It’s never game over when you “Level Up with School Lunch”! Celebrate winning with healthy school foods by wearing your favorite video game t-shirt to school! And, when you go to the cafeteria, say thanks to the cafeteria nutrition staff who power up students every day.