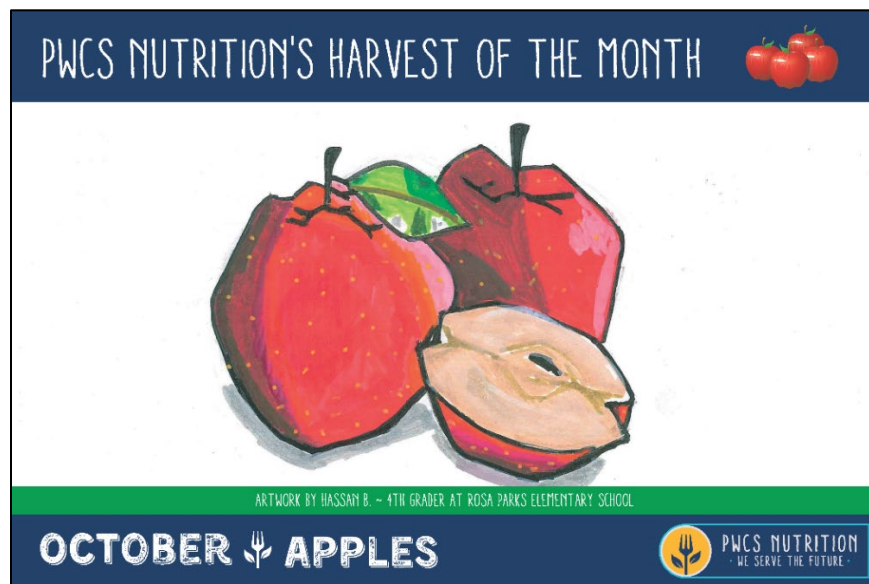


Virginia Farm to School at PWCS

October is National Farm to School Month and October 2nd-6th is Virginia Farm to School Week! What better way to celebrate local produce than by eating school lunch?! Did you know your school cafeteria serves seasonal Virginia produce all year long? Incorporating local products into our menus gives students the opportunity to enjoy nutritious, fresh fruits and vegetables, while learning about the seasonality of foods and how foods are grown. These products support local farms and are a tasty way to improve the health of our children!

Every month, PWCS Nutrition features a different Virginia-grown fruit or vegetable as the Local Harvest of the Month! Last year, PWCS Nutrition hosted a Harvest of the Month Poster Art Contest! Winning artwork from this contest were turned into posters that are displayed in all PWCS schools this year! Winning students and designs are announced the first Thursday of every month at @PWCSNutrition on [Twitter](#) and [Instagram](#)! Look for these new posters at your school! Below is an example of one of the winning HOM Posters!



National School Lunch Week (October 10th -13th)

National School Lunch Week (NSLW) is October 10-13, 2023! This year, the PWCS Food and Nutrition Department held a T-Shirt Contest and a Minecraft Education School Lunch Build Challenge. Winners of these contests will be announced during NSLW! The winning t-shirt design will be turned into a shirt that all PWCS Nutrition employees will wear, and the winners of the Minecraft Challenge will have the opportunity to participate in a video call with one of the Directors of Minecraft Education!

We encourage parents, guardians, and other family members to come join us for lunch! Stop by the cafeteria and see for yourself what delicious, healthy choices are available to students every day! Adult school lunches cost \$4.50 and can be paid with cash. School lunch at PWCS includes your choice of an entrée, hot side, milk, and access to our unlimited Self-Serve Fresh Fruit and Garden Bars! Visit www.pwcsnutrition.com to view our daily menus!