

SCHOOL LUNCH PIRATES  
FIND YOUR TREASURE!  
OCTOBER 14-18, 2024

# Bright Futures, One Bite at a Time!

**National School Lunch Week is October 14-18**, and we're excited to highlight the delicious and nutritious meals fueling our students every day! From fresh fruits and veggies to lean proteins and whole grains, each meal served through the National School Lunch Program (NSLP) is designed to keep kids energized and ready to learn. Plus, with updated nutrition standards, our school lunches make it easy for students to get the right balance of nutrients like calcium, vitamin A, and fiber – helping them grow strong and stay focused in class.

Studies show that kids who choose school lunches eat fewer empty calories and more healthy foods than those who bring lunch from home. And, with nearly 30 million students served daily across the country, the NSLP is making a big difference in keeping our children healthy! So, let's celebrate school lunch heroes and the meals that help our students thrive.

**Source:**

<https://schoolnutrition.org/about-school-meals/national-school-lunch-week/>

## Fall Foods for the Family

**As the weather cools and the leaves begin to change**, it's the perfect time to bring fall's seasonal flavors to your family table! Autumn produce like pumpkins, apples, sweet potatoes, and Brussels sprouts are not only tasty but packed with nutrients. Apples provide a crisp, refreshing snack full of fiber, while sweet potatoes are a great source of vitamins A and C, perfect for supporting a strong immune system. Brussels sprouts are rich in antioxidants, and pumpkins are loaded with fiber and potassium, making them a great addition to any meal!

Cooking with seasonal ingredients is a fun way to introduce new flavors and teach kids about healthy choices. So, head to your local farmer's market or grocery store and fill your basket with fall favorites.

**Source:**

<https://www.eatright.org/food/food-preparation/seasonal-foods/4-fall-foods-for-our-family>



## Make Health a Habit

**On the first Monday of October, we celebrate National Child Health Day** – and it's a good reminder of how important it is to support our students' overall health! From regular check-ups and good nutrition to active play and plenty of rest, it's important to take a holistic approach. Healthy habits don't just boost physical health – they improve focus, mood, and academic success, too!

Whether it's encouraging kids to stay active, eat a balanced diet, or simply take time to rest and recharge, every little bit helps. **National Child Health Day** is an opportunity to prioritize our children's health and help build a foundation for lifelong wellness.

**Source:**

<https://www.nationaldaycalendar.com/national-day/national-child-health-day-first-monday-in-october>



2024 NATIONAL  
SCHOOL LUNCH WEEK

# ACTIVITY GUIDE & COLORING PAGES



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We're rethinking school meals!  
Join us as we celebrate the good work  
in schools across the country.

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# CAPTAIN'S COMPASS WORD SEARCH



P P X K Z Y B A A N H C L P M  
 E I P D L T N U E P A G N P J  
 S P R L Q C I K C N P T Q B U  
 C S O A H T A U N C P L K T I  
 E J A O T R Q O R Y A Z E M C  
 D Y R P K E N S K F Q N S A E  
 N J W C M M P A R R O T E T G  
 A P A U Y O N E E K P K E E W  
 L N K O S N C I T R A Y H Y R  
 S K T A J Q K S A H Y Z C D W  
 I M L W R Y D C S T Z Y K R I  
 N A W R O G E R H W P K K O M  
 D L O G K L I M I E A A E W I  
 T R E A S U R E P B Y V C S I  
 B S R R E A U S A N D W I C H



- |          |           |         |          |        |
|----------|-----------|---------|----------|--------|
| Treasure | Captain   | Matey   | Kraken   | Milk   |
| Pirate   | Sword     | Anchor  | Sandwich | Fruit  |
| Ship     | Jolly     | Gold    | Apple    | Cheese |
| Cannon   | Roger     | Compass | Juice    | Snack  |
| Parrot   | Buccaneer | Island  | Salad    | Tray   |

NSLW24 ★ School Lunch Pirates: Find Your Treasure!



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 Join us as we celebrate the good work  
 in schools across the country.

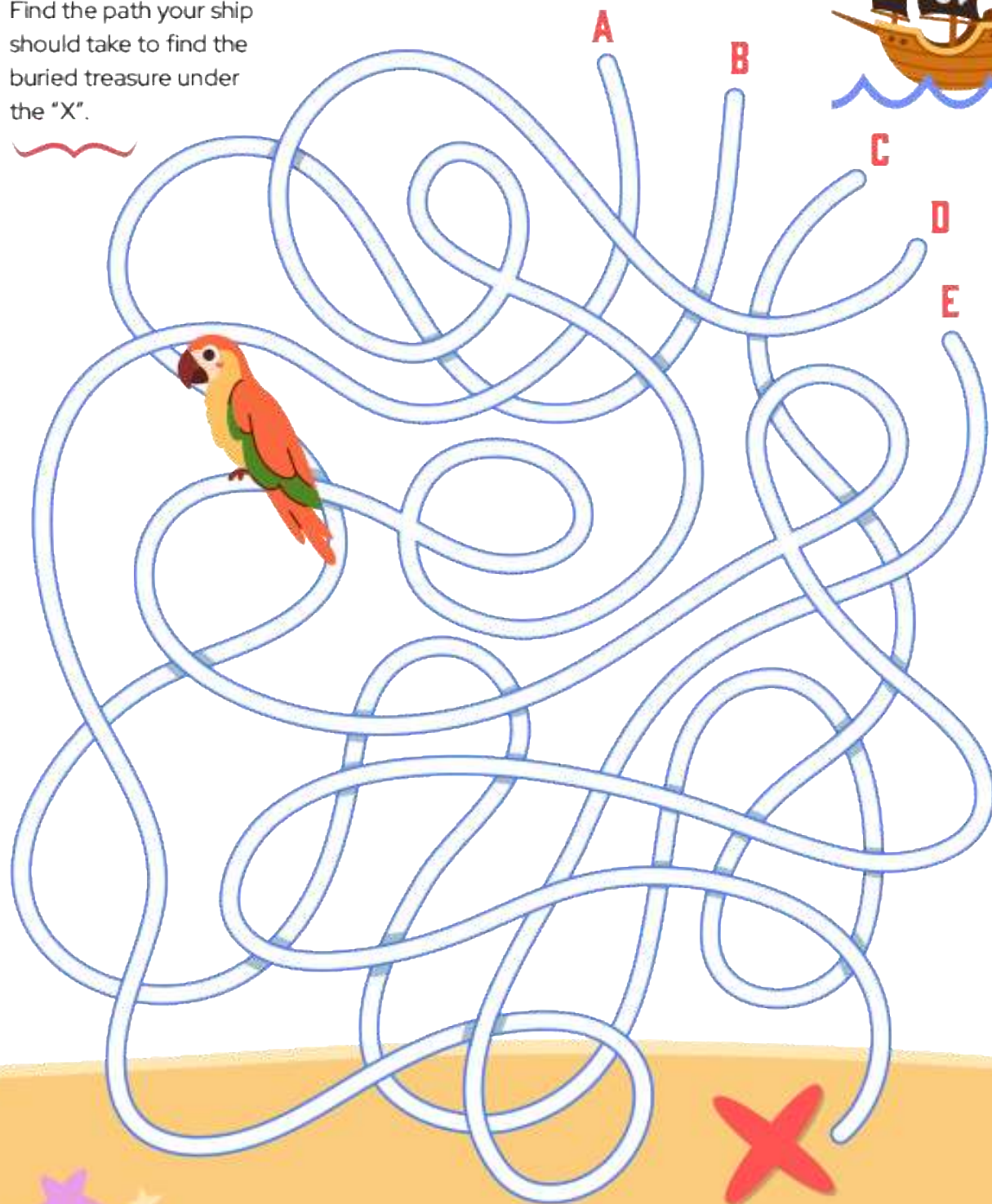
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# MAZE OF THE SEVEN SEAS

Find the path your ship should take to find the buried treasure under the "X".



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# PIRATE'S SECRET CIPHER: CRACK THE CODE

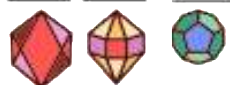


Use the gemstone symbols associated with each letter to reveal a hidden message from your Captain!



 = A	 = H	 = O
 = B	 = I	 = R
 = C	 = J	 = S
 = D	 = K	 = T
 = E	 = L	 = U
 = F	 = M	 = V
 = G	 = N	





NSLW24 ★ School Lunch Pirates: Find Your Treasure!



# CAN YA SPEAK LIKE A PIRATE?

Match the pirate word to its definition. Print the LETTER in the box in front of the word with the correct definition.



## *Pirate Phrase*

- A. Aye aye
- B. Deckhand
- C. Swashbuckler
- D. Landlubber
- E. Jolly Roger
- F. Davy Jones' Locker
- G. Hoard
- H. Plunder
- I. Ahoy
- J. Shiver me timbers
- K. Scallywag
- L. Sea Dog
- M. Cap'n
- N. Booty
- O. Marooned
- P. Hornswoggle
- Q. Sail Ho!
- R. Lass
- S. Doubloon
- T. Starboard
- U. Port
- V. Parley
- W. Shipshape

## *Definition*

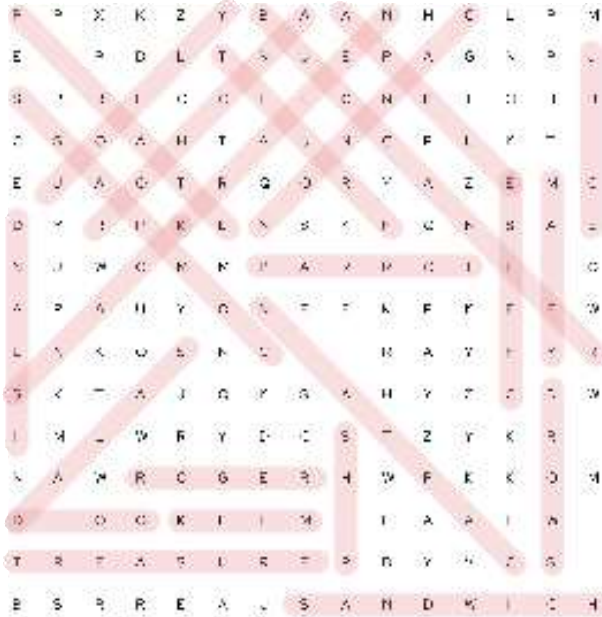
- Neat and tidy
- Left stranded on an island
- To deceive or cheat
- Adventurous hero or fighter
- Crew member or sailor
- Right side of a ship (when facing forward)
- Spanish gold coin
- Expression of surprise or shock
- Pirate flag with skull and crossbones
- Young girl or woman
- To steal goods or loot
- Experienced sailor or pirate
- Hello or attention
- Treasure stash
- Person unfamiliar with the sea or sailing
- Captain
- The bottom of the sea (death)
- Sighted a ship
- Mischievous person or rascal
- Treasure or loot
- Left side of a ship (when facing forward)
- Negotiation or discussion with an enemy
- Yes

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# ANSWER KEY

## PAGE 3 - Word Search



## PAGE 5 - Crack the Code

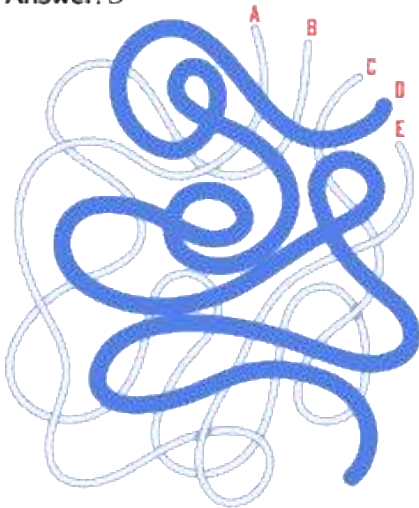
**Answer:** Shiver Me Timbers, It's Lunch Time!

## PAGE 8 - Pirate Words

- W** - Neat and tidy
- O** - Left stranded on an island
- P** - To deceive or cheat
- C** - Adventurous hero or fighter
- B** - Crew member or sailor
- T** - Right side of a ship (when facing forward)
- S** - Spanish gold coin
- J** - Expression of surprise or shock
- E** - Pirate flag with skull and crossbones
- R** - Young girl or woman
- H** - To steal goods or loot
- L** - Experienced sailor or pirate
- I** - Hello or attention
- G** - Treasure stash
- D** - Person unfamiliar with the sea
- M** - Captain
- F** - The bottom of the sea (death)
- Q** - Sighted a ship
- K** - Mischievous person or rascal
- N** - Treasure or loot
- U** - Left side of a ship (when facing forward)
- V** - Negotiation or discussion with an enemy
- A** - Yes

## PAGE 4 - Maze

**Answer:** D



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