

Luck O'THE LUNCHROOM

ACTIVITIES AND IDEAS

ST. PATRICK'S DAY-INSPIRED FOODS

Make students excited for school meals by bringing the festivities directly to their lunch trays. It can be as easy as adding an element of “green” to offerings, such as grilled cheese paninis with broccoli florets melted into the cheese, or smoothies with spinach or kale to create vibrant green drinks. The holiday is also a great opportunity to experiment with different potato preparations (a staple of the Irish diet). And don't forget to incorporate Lucky Charms™ cereal and cereal bars as a sweet—and lucky—breakfast or lunch treat!

GREEN CHALLENGE

Print out the provided calendar, give each student a copy and have them bring their calendar to the cafeteria throughout the month of March. For every day their lunch tray contains at least one healthy green item (ex: green apple, salad, celery, broccoli, peas, etc) students receive a check mark or a stamp. At the end of the month, compare calendars. Awards may be given for the most healthy green foods eaten during the month of March by student, by grade or by homeroom!

GOLD COINS AT THE END OF THE LUNCH LINE

Give each student who goes through your lunch line a small chocolate gold coin on St. Patrick's Day (or the day closest to it if the holiday falls on a weekend). The possibility of surprise treats will keep them coming back for school meals even after St. Patrick's Day has passed.

LUCKY FOUR-LEAF CLOVER

Get some four-leaf clover stickers and put one on the bottom of a handful of lunch trays. Kids who pick up a “lucky” tray at lunch receive a small prize. This activity could happen on St. Patrick's Day or as often as once a week throughout March!

WEAR GREEN

Announce ahead of time that students wearing green on St. Patrick's Day (or the school day closest to it) will receive a small treat in the lunch line. On the appointed day instruct lunchroom staff to wear green as well—adding to the festive spirit of the meal.

SHARE THE LUCK 'O THE LUNCHROOM

Along with your food, print and hand-out “good luck” notes in your lunch line. Encourage students to use them to wish each other good luck on tests, papers, projects and sporting events throughout the month of March.

