

Food & Nutrition news

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A Message from Food and Nutrition Services to Administrators

Dear School Administrators,

As the 2025–2026 school year winds down, the Office of Food and Nutrition Services (FNS) is focused on planning the future of student meals in FCPS—supporting student success through vibrant partnerships like yours and a commitment to an environment where students feel safe, supported, included, and empowered. However, we first want to acknowledge the outstanding efforts of our kitchen staff, who passionately prepare meals for FCPS students daily. FNS is delighted to recognize our kitchen teams as the School Lunch Heroes they truly are.

School Lunch Hero Day is officially May 1, 2026, and FNS will celebrate throughout the week of April 27 through May 1. This is a meaningful opportunity to honor the positive impact our school kitchen teams have on every student they serve—contributing not only to student wellness, but also to the equitable access and supportive learning environments emphasized in the FCPS Strategic Plan.

To help schools prepare for the celebration week, FNS will send a School Lunch Hero packet to each school during the week of April 13. Elementary Schools will receive activity sheets for students to complete and share with their kitchen team, while Middle and High Schools will receive 8x10 posters for students to sign and express their appreciation. These activities reflect our shared commitment to student voice and engagement, reinforcing that we are not just serving students—we are building connections with them.

Your kitchen team plays a critical role in advancing the goals of the FCPS Strategic Plan by ensuring students are nourished, ready to learn, and supported each day. We appreciate you recognizing their hard work and celebrating them. Our staff look forward to continuing to provide nutritious, high-quality, scratch-made meals to students for the remainder of this school year and into the future.

Best, Shaun and Melissa

|| New Scratch-Made Menu Options for Spring 2026!

Check out this video featuring three of our Kitchen Managers - Sonia from Fall Church High School, Pat from Marshall High School, and Amy from South County High School!



|| School Meals

Check out our full menu! New options are being introduced weekly during for April, May, and June!



|| Follow Us!

@fcps_foodandnutritionservices





Monthly Parent Newsletters

Food and Nutrition Services (FNS) has developed monthly articles that schools are welcome to use in their monthly parent newsletters.

Below is an article for your April, May, and June newsletter.

Spring Into Healthy Habits

Spring is the perfect time to reset routines and encourage students to stay active, refreshed, and focused. Here are a few simple and effective practices families can follow together:

Stay Active Outdoors

- Encourage at least **60 minutes of physical activity daily**
- Take advantage of the warmer weather—walking, biking, or playing sports

Explore local parks, trails, or simply enjoy time outside as a family

Tip for Parents: Join your child in outdoor activities—it boosts motivation and creates meaningful bonding time.

Reduce Screen Time

- Set daily limits on recreational screen use
- Encourage alternative activities like reading, drawing, or outdoor play
- Create “screen-free” family time, especially during meals and before bedtime

Stay Hydrated

- Remind students to drink plenty of water throughout the day
- Pack a reusable water bottle for school
- Limit sugary drinks and encourage healthier choices

Fuel with Nutritious Meals

- Start the day with a healthy breakfast
- Encourage balanced meals with fruits, vegetables, whole grains, and lean proteins
- Take advantage of school meal programs designed to support student wellness

Family Involvement Matters

Students are more likely to adopt healthy habits when they see their families participating. Whether it's cooking together, going for a walk, or setting shared wellness goals, your involvement makes a big difference.

Let's Finish the School Year Strong!

Together, we can help students return from spring break feeling refreshed, focused, and ready to succeed—both in the classroom and beyond.

Wishing you a healthy and active spring season!

Important Reminders

Important Dates

May 4, 2026

Kitchen Managers meeting. All Food Service Managers will attend the meeting with their operations specialist to review year end closing procedures.

June 12, 2025

Year-end closing and kitchen managers' meeting, held at the FNS office.

Unlimited Fruits and Vegetables at Our Salad Bars

Did you know that our salad bars offer unlimited fruits and vegetables?

If students are still hungry after they have come through the line, they can request additional servings at no extra charge.

Encourage your students to take advantage of this healthy option!

Learn about our 3rd Annual Food Show, Menu Cards, and How to Build Your Own Tray! Check these videos out!

[FCPS 3rd Annual Food Show](#)



[Menu Cards](#)



[Build Your Tray Your Way](#)

