

# ***SUPERINTENDENT*** **NEWSLETTER**

October 7, 2022

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Dear Gull Lake Families and Staff,

We have been taking a deeper dive into Health and Wellness with a focus on good nutrition. Our school lunch program has been making incremental changes over the past several years to serve meals that include more whole grains, fruits and vegetables served in balanced proportions. The presentation of the meals and the food textures matter as well when it comes to making these healthy choices more attractive to our kids. Our Food Team does an amazing job every day bringing quality choices to our students at lunch time. They demonstrate their passion for nutritious meal preparation and love to interact with our kids as they serve up Health and Wellness on lunch trays!

This [link](#) to a cost comparison between school lunches and bag lunches is a good resource and highlights how a healthy school lunch can save families more than purchasing bag lunch ingredients from the grocery store. It is possible to have a wide variety of nutritious meals and save on the cost! It is one more of our [GLCS Good Things](#) to share with you and your family.

Have a great weekend and eat healthy!



Raphael Rittenhouse/Superintendent  
Gull Lake Community Schools



## Updates

**Parent/Teacher Conferences** are scheduled for October 20th and 21st.

**No school** on October 21st.

**Early Release** on November 2nd.



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