

LUNCHROOM WORKERS



Mrs. Viola D. Kennedy, Mrs. Jean B. Ramsey, Mrs. Almenia Harris, Mrs. Pearl Lee Alexander, Mrs. Minnie Morgan, Mrs. Lucille Neal, Mrs. Mary Ford, Mrs. Rosa Lee Thompson

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MRS. VIOLA KENNEDY

The lunchroom staff of Fairfield Junior High has done a fine job in serving the students. Under the supervision of Mrs. Viola Kennedy, they have prepared lunches that are both nourishing and delicious. Mrs. Kennedy says they prepare lunches with type A nutritional goals. Each worker is assigned to a certain job in the cafeteria, and trys hard to satisfy the students as well as teachers. In each meal they try to include all of the following:

1. One half pint of milk as a beverage to provide most of calcium and other nutrients.
2. Two ounces protein-rich foods for normal growth and for building and repair of the body.
3. 3/4 cut vegetables and fruits consisting of two or more vegetables or fruits, or both.
4. One serving of whole-grain or enriched bread; or a serving of other bread such as cornbread, biscuits, rolls or muffins.
5. Two teaspoons of butter or fortified margerine to provide some of the calories and Vitamin A.

The type A lunch nutritional goal include: A vitamin C food each day. A vitamin A food twice a week.

Viola D. Kennedy