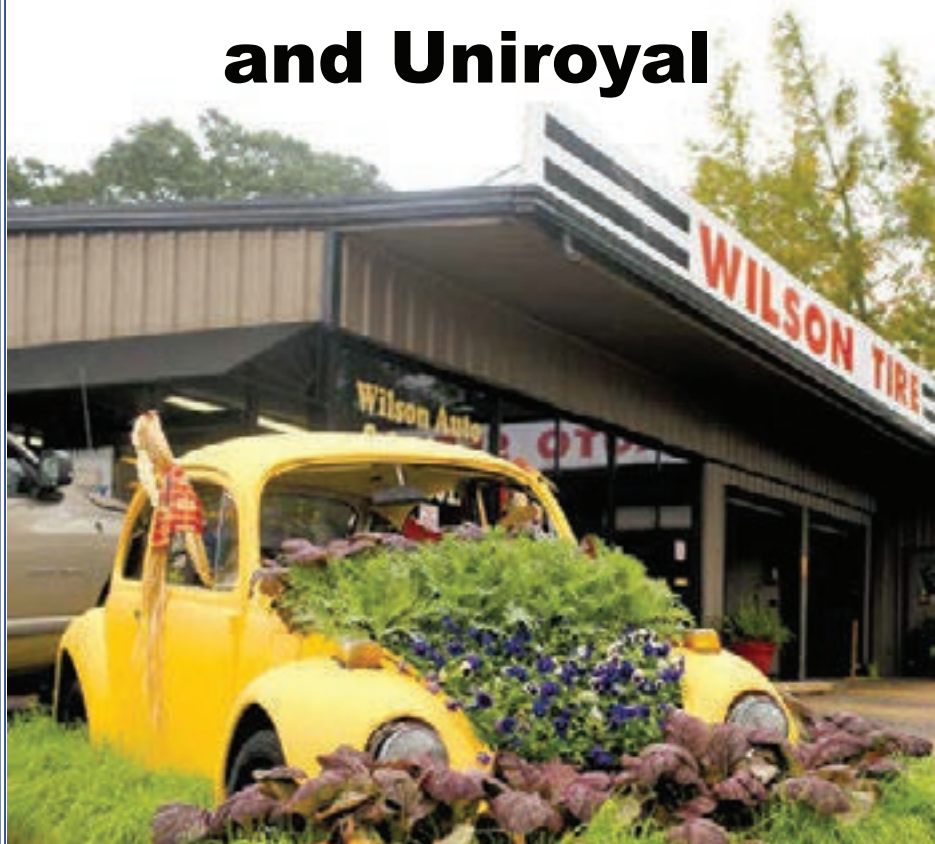


COMPLETE AUTO REPAIR

**Home of the
LOWEST tire prices
and best warranty
GUARANTEED on
Michelin,
BF Goodrich
and Uniroyal**



**Wilson's
Tire & Auto Care**

\$17 OFF

**Full Synthetic Oil Change With Rebate
\$13 OFF Synthetic Blend Oil**

Must present coupon. Not valid with any other offers. Expires 11/15/19. KR0474JAS
\$10 off instantly and \$7 mail in rebate.

310 Clinton Blvd. • Clinton • 924-0012

wilsonas.com wilsontirecompany.com

Clinton Public Schools sets gold standard for school lunches

Special to The Clinton Courier

The Clinton Public School District strives for excellence in offering students nutritionally balanced meals every school day. The meals are delicious, nutritious, student-centered, and convenient.

It's Delicious

Students are asked for their candid opinions about potential menu items during taste testing at the school cafeterias over the school year. Foods with high student ratings are then featured on the school menu.

This year, the CPSD department is planning to involve students even more with the implementation of student advisory councils. Keba Laird, Child Nutrition Supervisor says, "The goal is to

It's Convenient

Grab-and-go lunches are a hit with students at CPSD, because it allows them the convenience to bypass waiting in line so they can enjoy eating lunch with their friends soon after arriving to the cafeteria. These tasty lunches are a pre-packaged, complete meal with foods from all five food components. Some of the grab-and-go entrees include:

- Sandwich or wrap combo of-the-day (turkey, ham, or fajita chicken)
- Salad of-the-day (Chef, Southwestern, grilled chicken, tuna, or fruit and yogurt salad)

"We encourage parents to come and experience firsthand our school lunch



engage students in the role of contributing menu ideas that appeal to children as well as reduce food waste, and increase consumption of healthful foods."

It's Nutritious

Every menu item on the CPSD lunch menu is nutrient-rich and helps boost students' energy levels and attentiveness in the classroom.

Laird says, "Our school meals include a variety of fruits, vegetables, whole grains, lean protein, and low-fat dairy options that exceed one-third of the Recommended Dietary Allowance (RDA) for school-aged children. In fact, students who eat both school breakfast and school lunch can consume two-thirds or more of the RDA which helps provide the right amount and combination of nutrients to promote growth and development for their age-grade group."

program. Set a date and come and eat school lunch with their child. Adult lunches are priced just right at \$3.60, and we offer parents quick, convenient and friendly service, so that they don't have to stop and grab lunch and can return to work within a reasonable amount of time."

Laird adds that parents' suggestions and feedback on ways to improve school meals is always welcomed.

The CPSD Child Nutrition Department is committed to providing safe and nutritious meals to all children. Parents are encouraged to review and discuss the school lunch menu with their child, visit the school cafeteria and eat school lunch with their student, and feel free to talk to the foodservice manager or administrator about healthy school menu ideas.

What does an independent agent mean to you?

We work for YOU, not the Company, and can get you the best insurance coverage at the lowest rates.

Runnels Insurance

601-879-9972

630 Highway 49
Flora Mississippi

Call today and save!

www.runnelsinsuranceLLC.com

AUTO, HOME, LIFE & SMALL BUSINESS

SIAA

Mutual Choice