

The **100th Day of School** Celebration will be recognized in many schools this month. Kick off your celebrations with these activities!

100 HEALTHFUL DAYS

Have students research and discuss what **100** calories of various food items look like. Further the discussion by noting the nutrient density of **100**-calorie items.



Show examples of what **100** calories look like for various food items.

For example, show students **100** calories worth of chips vs **100** calories of fruit such as grapes.



Get Moving!

Have students complete **100** various exercises, such as sit-ups, the **100**-yard dash, or jumping jacks!

Hip Hip Hooray!

We've been here **100** days!

Display **100** various café items. Fan favorites like bananas can be written on using a food-safe marker.

Play with your food!

Make a food art display noting "Happy **100th** Day!" For the 1 use a carrot stick (celery stick, cheese stick, etc.) and for the 0's use sliced cucumber circles (cherry tomatoes, grapes, etc.).



100 DELICIOUS DAYS



Incentives!

Provide every **100th** customer with an incentive item like a pencil or sticker.

100 Days of Awesome!

Make one bulletin board noting **100** reasons why we love our customers.

Make a second bulletin board with the **100** yummy foods we served this year!

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