



Observances List

For national nutrition and health events, organizations and government sources often share customizable toolkits including media releases, sample tweets, social media banners/logos, and more. There are also many more national day, week, and month observances without official sponsorship, but plenty of room for creativity and options for incorporating them into your menu.

Below is a month-by-month list of observances that have potential for being tied into your school nutrition program. We have hyperlinked to resources for various observances, but others may be available. We recommend that you conduct internet searches for resources, network with other food service programs for ideas, or contact your local ABCs of School Nutrition staff person for assistance.

January

[National Oatmeal Month](#)
[National Soup Month](#)

1/4 – National Spaghetti Day
1/31 – National Backward Day

February

[American Heart Month](#)
[African American History Month](#)

2/7 – National Fettuccine Alfredo Day
2/9 – National Bagel Day
2/9 – National Pizza Day

March

National Noodle Month
[National Nutrition Month](#)
[National School Breakfast Week](#)

3/2 – [Read Across America Day](#)
3/20 – National Ravioli Day
3/26 – National Spinach Day

April

[National Autism Awareness Month](#)
National Burrito Day (first Thursday in April)

4/26 – National Pretzel Day
4/28 – National Superhero Day

May

[Food Allergy Awareness Week/Action Month](#)
National Barbecue Month
[National Egg Month](#)
[National Physical Fitness and Sports Month](#)
[National Salad Month](#)
[National Salsa Month](#)
[National Strawberry Month](#)
[School Nutrition Employee Week/School Lunch Hero Day](#)

[5/5 – Cinco de Mayo](#)

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Observances List (continued)

June

[Dairy Month](#)

6/17 – National Eat Your Vegetables Day
6/23 – National Hydration Day

July

National Grilling Month
National Hot Dog Month
National Picnic Month

7/3 – National Eat Your Beans Day
7/14 – National Mac and Cheese Day
7/29 – National Lasagna Day

August

[Kids Eat Right Month](#)
[National Peach Month](#)

[8/3 – National Watermelon Day](#)
8/16 – National Tell a Joke Day
8/18 – National Fajita Day
8/24 – National Waffle Day
8/25 – National Banana Split Day
8/31 – National Trail Mix Day

September

[Fruits & Veggies – More Matters Month](#)
[Hispanic Heritage Month \(9/15-10/15\)](#)
[National Childhood Obesity Awareness Month](#)
[National Mushroom Month](#)
[National Potato Month](#)
National Waffle Week (2nd week)
[Whole Grains Month](#)

9/6 – National Read a Book Day
9/7 – [National Acorn Squash Day](#)
9/13 – Kids Take Over the Kitchen Day
[9/19 – Talk Like a Pirate Day](#)
9/26 – National Pancake Day
9/27 – National Chocolate Milk Day

October

[Celiac Disease Awareness Month](#)
[National Apple Month](#)
National Book Month
National Chili Month
[National Pasta Month](#)
National Pizza Month
National Pretzel Month
National Seafood Month
[National School Lunch Week](#)
[Take Your Parents to Lunch Day](#)
[Vegetarian Month](#)

10/4 – National Taco Day
10/6 – National Noodle Day
[10/17 – National Pasta Day](#)
[10/26 – National Pumpkin Day](#)
[10/29 – National Oatmeal Day](#)

November

[National Native American Heritage Month](#)

11/6 – National Nachos Day
11/28 – National French Toast Day

December

12/13 – National Hot Cocoa Day

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