

Families Making the Connection

Now Playing: School Lunch

Did you know October 12-16 is officially National School Lunch Week? The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The COVID-19 pandemic has without a doubt shown just how incredibly important school meals are for students and their families.

During NSLW, School Nutrition professionals, school staff and students will find new ways to safely celebrate with their schools and districts through special menus, events, activities and more. The 2020 NSLW theme *Now Playing: School Lunch!* will spotlight hit menu items that kids love.

Just as there are award winners for the movies, let's recognize our essential School Nutrition professionals during #NSLW2020 and all month for their amazing efforts to provide appealing, nutritious school meals every day. Recognize our #NCSchoolNutritionHeroes with a thank you card, social media post, etc. For more info about school meals and NSLW, visit www.schoolnutrition.org.

Menus for October 2020

Revised 10-1-20

			Thursday, October 1
			Mac and Cheese Stewed Tomatoes Green Beans Mandarin Oranges Chocolate Milk
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8
Chicken & Gravy Mashed Potatoes Peas Roll Apricots Milk	Chicken & Gravy Mashed Potatoes Peas Roll Apricots Milk	Beef Taco Pie Celery & Carrot Sticks WOW Butter Mixed Berries Chocolate Milk	Beef Taco Pie Celery & Carrot Sticks WOW Butter Mixed Berries Chocolate Milk
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15
Columbus Day	Grilled Cheese Vegetable Soup Sliced Pears Milk	Chicken Pot Pie Sliced Peaches Vanilla Pudding Chocolate Milk	Chicken Pot Pie Sliced Peaches Vanilla Pudding Chocolate Milk
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22
Ham & Cheese Croissant Chicken & Rice Soup Pineapple Chunks Milk	Ham & Cheese Croissant Chicken & Rice Soup Pineapple Chunks Milk	Chicken Tomato Bake Garlic Breadstick Steamed Broccoli Apricots Chocolate Milk	Chicken Tomato Bake Garlic Breadstick Steamed Broccoli Apricots Chocolate Milk
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29
Fish Sticks Sweet Potato Fries Peas Mixed Berries Milk	Fish Sticks Sweet Potato Fries Peas Mixed Berries Milk	Beef & Bean Burritos Diced Potatoes Corn Mixed Berries Chocolate Milk	Beef & Bean Burritos Diced Potatoes Corn Mixed Berries Chocolate Milk

