

Menus for November 2018

Food Bytes

Lots to Love about School Lunch

Did you know 95% of schools offer the National School Lunch Program and serve 30+ million students each day? Schools in our state and across the country will celebrate National School Lunch Week (NSLW) October 15-19. The theme is "School Lunch: Lots to Love." Students can take this opportunity to share what they love most about school lunch.

School meals are offering healthier options, including more whole grains, fruits and vegetables, along with student and chef-inspired recipes. More schools are also serving locally sourced produce, grains, milk, eggs, meat, poultry and seafood. School Nutrition professionals in our state have had the opportunity to participate in the North Carolina K-12 Culinary Institute bringing back skills, resources and new creative, appealing recipes to local schools.

You need a healthy lunch to get energized for your favorite sports or activities. A healthy lunch also gives you the fuel you need to succeed in school. School meals are a healthy, tasty, convenient choice for students.

Nutrilink: Find NSLW info at www.schoolnutrition.org/nslw.

			Thursday, November 1	Friday, November 2
			Breakfast: Cheese Omelette, Cheesy Grits, Wheat Toast, Apple, Milk Classic Spaghetti w/Meatballs Ripstick Breadstick Garden Side Salad Orange Smiles Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Cereal, Graham Crackers, Oranges, Milk Pepperoni Pizza Steamed Corn Crispy Whole Apple Milk HS Alternate: Crispy Chicken Salad
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Breakfast: Breakfast on a Stick, Orange Juice, Raisins, Milk Little Italy Meatball Sub Sweet Potato Nuggets Peaches Milk HS Alternate: Chicken Tenders And Biscuit	Breakfast: Sausage Biscuit Sandwich, Banana, Milk Beefy Mac Spinach Dinner Roll Cantaloupe Milk HS Alternate: Italian Sandwich	Breakfast: Breakfast Burrito Oranges, Milk Popcorn Chicken Bowl With Whipped Potatoes, Corn and Chicken Gravy Roll Apple Milk HS Alt: Fajita Chicken Salad	Breakfast: Sausage, Wheat Toast, Cheesy Grits, Mixed Fruit, Milk Soft Beef Tacos Southwest Beans watermelon Milk HS Alternate: Chicken Tenders	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Cantaloupe Milk HS Alternate: Crispy Chicken Salad Ripstick Breadstick
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Holiday-No School	Breakfast: Bagel Sandwich, Pineapple Tidbits, Milk Hot Dog Baked Beans Watermelon Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Cereal, Graham Crackers, Oranges, Milk Turkey with Gravy Nash County Baked Sweet Potato Green Beans Apple Cobbler Roll and Milk HS Alternate: Classic Chef Salad	Breakfast: Cheese Omelette, Cheesy Grits, Wheat Toast, Apple, Milk Chicken Sandwich Mashed Potatoes Grapes Milk HS Alternate: Zesty Orange Chicken Steamed Brown Rice	Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Fresh Broccoli Florets Apple Milk HS Alternate: Cheeseburger
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Breakfast: String Cheese, Cereal Bar, Banana, Milk Fiesta Bean & Cheese Burrito Fresh Baby Carrots Mixed Fruit Milk HS Alternate: Turkey Sub	Breakfast: Chicken Biscuit, Diced Bartlett Pears, Milk Macaroni & Cheese with Ham Collards Crispy Whole Apple Roll Milk HS Alternate: Classic Chef Salad	Holiday-No School	Holiday-No School	Holiday-No School
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Breakfast: Cereal Bar, Graham Crackers, Banana, Juice, Milk Hamburger Baked Beans Pineapple Tidbits Milk HS Alternate: Italian Sandwich	Breakfast: Sausage Biscuit Sandwich, Raisins, Apple Juice, Milk Chicken Patty Sandwich Sweet Potato Wedges Watermelon Milk HS Alternate: Classic Chef Salad	Breakfast: Breakfast Burrito Oranges, Milk BBQ Chicken Drumsticks Mashed Potatoes Dinner Roll Diced Peaches Milk HS Alternate: Crispy Chicken Salad	Breakfast: Colby Cheese Omelet, Wheat Toast, Cheesy Grits, Diced Peaches, Milk Hot Dog Broccoli and Cheese Tater Tots Honeydew Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Graham Crackers, Cereal, Fruit Juice, Raisins, Milk Classic Spaghetti w/Meatballs Ripstick Breadstick Garden Side Salad Orange Smiles Milk HS Alternate: Sausage and Peppers Hoagie

