

Families Making the Connection

School Lunch: Recipes for Success

Schools in North Carolina and across the country will celebrate National School Lunch Week (NSLW) October 9-13, 2017. The #NSLW17 theme is "School Lunch: Recipes for Success."



Ninety-five percent of schools offer the National School Lunch Program (NSLP) serving 30+ million students each day. NSLW will emphasize the healthy foods offered at schools daily including whole grains, fruits, vegetables, low fat dairy 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 N.C. K-12 Culinary Institute bringing back skills, resources and new creative, appealing recipes to local schools.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students. Healthy school meals give students the fuel they need to be their best.

Find info on school nutrition programs at <http://childnutrition.ncpublicschools.gov> and NSLW at www.schoolnutrition.org.

Breakfast Menu for October 2017

Douglass Academy

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Chicken & Waffle Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini French Toast Diced Pears Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Yogurt & Muffin Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Chicken & Waffle Diced Pears Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Mini Pancakes Applesauce Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, October 30	Tuesday, October 31			
Chicken & Waffle Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk			

October

- National Apple Month
- National Farm to School Month
- National Food Day (October 24)
- National School Lunch Week (October 9-13)

Menu subject to change depending upon availability



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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