

## 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](http://www.schoolnutrition.org).

# Lunch Menu for October 2017

Douglass Academy

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Popcorn Chicken Tomato & Cucumber Salad Garden Salad Diced Peaches Milk	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Waffle Fries Garden Salad Diced Pears Milk	Nachos Grande Black Beans Veggie Cup Fresh Fruit Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
Lasagna Broccoli w/ Cheese Garden Salad Diced Peaches Milk	Chicken & Waffle Red Skinned Mashed Potatoes California Vegetables Fresh Fruit Milk	Stuffed Crust Pizza Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater tots Fresh Fruit Milk	Corn Dog Nuggets NC Sweet Potato Garden Salad Mixed Fruit Milk
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Popcorn Chicken Sweet Potato Waffle Fries Garden Salad Diced Peaches Milk	Beef Taco w/ Spanish Rice Pinto Beans Veggie Cup Fresh Fruit Milk	French Bread Pizza Sweet Peas Garden Salad Mandarin Oranges Milk	Nachos Grande Carrot Sticks Green Beans Fresh Fruit Milk	Hot Dog w/ Chili Baked Beans Garden Salad Mixed Fruit Milk
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Chicken Nuggets Baked Potato Garden Salad Diced Peaches Milk	Chicken Tenders Veggie Sticks Garden Salad Fresh Fruit Milk	Stuffed Crust Pizza Broccoli Garden Salad Frozen Fruit Cup Milk	Cheeseburger French Fries Glazed Carrots Fresh Fruit Milk	Beef-a-roni w/ Breadstick Black Eyed Peas Garden Salad Mixed Fruit Milk
Monday, October 30	Tuesday, October 31			
Popcorn Chicken Tomato & Cucumber Salad Garden Salad Diced Peaches Milk	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	<p>A variety of unflavored and flavored skim and 1% unflavored milks are served daily.</p>		

## October

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



Developed by School Nutrition Services, N.C. Department of Public Instruction. NC DPI and USDA are equal opportunity providers and employers. 06/17 <http://childnutrition.ncpublicschools.gov>

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*Menu subject to change depending upon availability*