

## Families Making the Connection

### N.C. Farm to School

The N.C. Farm to School Program celebrates its 20<sup>th</sup> anniversary this school year. As part of the program created by the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more that are grown on North Carolina farms to serve through school meals. Our state is the only one in the U.S. with this model.

Visit [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com) to find ideas on how you can help celebrate farm to school.

### Walk to School



Walk to School Day is a global event that involves communities from around the world. Mark your calendars. Walk to School Day 2017 will be October 4.

### How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) for more info.

## The Point College Preparatory & Leadership Academy 9th-11th Lunch September Menu

				Friday, September 1
				PIZZA  ROMAINE SALAD MIX (RANCH DRESSING) ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
<b>NO SCHOOL</b>  <b>LABOR DAY</b>	CHICKEN NUGGETS W/W ROLL  FRESH CARROTS W/ RANCH YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUIT CUPS  LOW FAT OR SKIM MILK	FRIED CHICKEN W/W ROLL  MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX (RANCH DRESSING) ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
CHICKEN FILLET SANDWICH  YELLOW CORN GREEN PEAS APPLESAUCE ORANGES  LOW FAT OR SKIM MILK	CUBE STEAK W/ GRAVY W/W ROLL  MASHED POTATOES BROCCOLI PINEAPPLE TIDBITS ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/W ROLL  GREEN BEANS YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/ SALSA W/W TORTILLA  SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX (RANCH DRESSING) ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
CHICKEN NUGGETS W/W ROLL  PINTO BEANS YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BAKED CHICKEN W/W ROLL  MASHED POTATOES GREEN BEANS TROPICAL FRUIT ORANGES  LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWICH  FRESH CARROTS W/ RANCH DIP CELERY STICKS APPLESAUCE  LOW FAT OR SKIM MILK	TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS  SHREDDED LETTUCE YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	CHICKEN & NOODLES  GREEN BEANS DICED CARROTS DICED PEACHES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
BAKED SPAGHETTI  YELLOW CORN DICED TOMATOES ORANGES  LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWICH  GREEN BEANS MASHED POTATOES FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN  BROCCOLI & CHEESE YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	CUBE STEAK W/ GRAVY W/W ROLL  MASHED POTATOES BROCCOLI PINEAPPLE TIDBITS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX (RANCH DRESSING) ORANGES BANANAS  LOW FAT OR SKIM MILK

## September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

Sources: [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com), [www.walkbiketoschool.org](http://www.walkbiketoschool.org)



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>