

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.

The Point College Preparatory & Leadership Academy K-8 Lunch October Menu

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS	CHICKEN NUGGETS W/G DINNER ROLLS	BAKED SPAGHETTI	FRIED CHICKEN W/G DINNER ROLL	PIZZA
SHREDDED LETTUCE BLACK EYED PEAS FRESH FRUIT	FRESH CARROTS W/RANCH ORANGES	GREEN BEANS ORANGES	MASHED POTATOES DICED PEACHES	ROMAINE SALAD MIX (RANCH DRESSING) ORANGES
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
CHICKEN FILLET SANDWICH	CUBE STEAK W/GRAVY W/G DINNER ROLL	FRIED CHICKEN W/G DINNER ROLL	CHICKEN FAJITA W./SALSA W/W TORTILLA	EARLY RELEASE PIZZA
YELLOW CORN APPLESAUCE	MASHED POTATOES PINEAPPLE TIDBITS	GREEN BEANS ORANGES	SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL	ROMAINE SALAD MIX (RANCH DRESSING) ORANGES
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
BAKED SPAGHETTI	CHICKEN FILLET SANDWICH	FRIED CHICKEN W/G DINNER ROLL	CUBE STEAK W/GRAVY W/G DINNER ROLL	PIZZA
YELLOW CORN ORANGES	GREEN BEANS FRUIT COCKTAIL	BROCCOLI & CHEESE ORANGES	MASHED POTATOES PINEAPPLE TIDBITS	ROMAINE SALAD MIX (RANCH DRESSING) ORANGES
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, October 30	Tuesday, October 31			
TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS	CHICKEN NUGGETS W/G DINNER ROLLS			
SHREDDED LETTUCE BLACK EYED PEAS FRESH FRUIT	FRESH CARROTS W/RANCH ORANGES			
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK			

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. NCDPI and USDA are equal opportunity providers and employers. 06/17 <http://childnutrition.ncpublicschools.gov>