

## Nutrition Byte

### Wild About School Lunch

Did you know October 11-15 is officially National School Lunch Week? The #NSBW2021 theme is “Wild About School Lunch”. Lions, tigers and bears—oh, my! Tacos, rice bowls and wraps—oh, yum!

The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) to promote the importance of a healthy school lunch in a student’s life and the impact it has inside and outside of the classroom. School meals are incredibly important for students and their families.

During NSLW, School Nutrition professionals, school staff and students will find ways to safely celebrate with their schools and districts through special menus, events, activities and more. The 2021 NSLW theme will allow schools to have fun, be creative and spotlight hit menu items that kids are wild about.

Let’s lift up our essential School Nutrition professionals during #NSLW2021 and all month for their amazing, dedicated efforts to provide appealing, nutritious school meals every day. Recognize our #NCSchoolNutritionHeroes with a thank you card, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to [www.schoolnutrition.org](http://www.schoolnutrition.org).

# Menus for October 2021- FLK

				Friday, October 1
		Middle and High School—4 oz Juice is offered at lunch		French Bread Pizza Baby Carrots w Dip Salad Marinara Fruit Cookie Milk
Monday, October 4	Tuesday, October 5	Wednesday, October 6	Thursday, October 7	Friday, October 8
Comdog Potato Smiles Bush's Pintos Beans Fruit Milk	Chicken Nuggets Biscuit Sweet Carrots Mashed Potatoes Fruit Milk	Chicken Alfredo Bread Stick Roasted Broccoli Salad Fruit Milk	Hoagie Baby Carrots w Dip Veggie Juice Fruit Milk	Pizza Cheese Stick Marinara Green Beans Fruit Milk
Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
Hamburger Bush's Baked Beans Potato Wedges Fruit Milk	Meatloaf & Corn Muffin Mashed Potatoes Green Beans Fruit Milk	Macho Nachos Bush's Pinto Beans Salsa Fruit Milk	Chicken Nuggets Biscuit Roasted Broccoli Maple Roasted Sweet Potato Fruit Milk	School Pizza Salad Corn Fruit Milk
Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Milk	Beef Bites and Rice Roasted Broccoli Sweet Carrots Fruit Milk	Spaghetti w Bread Stick Salad Corn Fruit Milk	Chicken Nuggets Biscuit Mashed Potatoes Green Beans Fruit Milk	
Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
Comdog Potato Smiles Bush's Pintos Beans Fruit Milk	Chicken Nuggets Biscuit Sweet Carrots Mashed Potatoes Fruit Milk	Chicken Alfredo Bread Stick Roasted Broccoli Salad Fruit Milk	Hoagie Baby Carrots w Dip Veggie Juice Fruit Milk	Pizza Cheese Stick Marinara Green Beans Fruit Milk

Lee County Elementary Schools



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>