

## 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

				Friday, October 1
				Pizza Cheese Stick Hoagie Baby Carrots w Dip Salad Marinara Fruit , Juice Cookie Milk
Monday, October 4	Tuesday, October 5	Wednesday, October 6	Thursday, October 7	Friday, October 8
Dill Chicken w Roll Corn dog Potato Smiles Green Beans Fruit Juice Milk	Hamburger Chicken Sandwich Potato Wedges Baked Beans Fruit Juice Milk	Spaghetti w Bread Stick Pizza Pocket Salad Marinara Fruit Juice Milk	Boneless Wings w Corn Muffin Hot Ham & Cheese Potato Wedges Baby Carrots w Dip Fruit Juice Milk	French Bread Pizza Beef Bites w Roll Roasted Broccoli Marinara Fruit Juice Milk
Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
Hamburger Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Juice Milk	French Bread Pizza Asian Chicken w Rice Roasted Broccoli Marinara Fruit Juice Milk	Chicken Quesadilla Macho Nachos Corn Salsa Fruit Juice Milk	Chicken Nuggets w Biscuit Chuck Wagon Burger Bush's Pinto Maple Roasted Sweet Potato Fruit Juice Milk	Pizza Spicy Chicken Sandwich Salad Deli Roasters Fruit Juice Milk
Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
Hamburger Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Juice Milk	Pizza Beef Bites and Rice Roasted Broccoli Sweet Carrots Fruit Juice Milk	Chicken Nuggets w Biscuit Meat loaf w Biscuit Green Beans Mashed Potatoes Fruit Juice Milk	Pizza Cheese Stick Hot Ham & Cheese Tater Tots Marinara Fruit Juice Milk	
Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
Dill Chicken w Roll Corn dog Potato Smiles Green Beans Fruit Juice Milk	Hamburger Chicken Sandwich Potato Wedges Baked Beans Fruit Juice Milk	Spaghetti w Bread Stick Pizza Pocket Salad Marinara Fruit Juice Milk	Boneless Wings w Corn Muffin Hot Ham & Cheese Potato Wedges Baby Carrots w Dip Fruit Juice Milk	French Bread Pizza Beef Bites w Roll Roasted Broccoli Marinara Fruit Juice Milk

Lee County Middle and High Schools



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<http://childnutrition.ncpublicschools.gov>