

Food Bytes

School Lunch: What's on your Playlist?

Did you know 95% of schools offer the National School Lunch Program and serve 30+ million students each day? Schools in our state and across the country will celebrate National School Lunch Week (NSLW) October 14-18. The theme is "School Lunch: What's on your Playlist?" Students can take this opportunity to build their playlist of favorite school lunch flavors and recipes.


School meals are offering healthier options, including more whole grains, fruits and vegetables, along with student 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 North Carolina K-12 Culinary Institute bringing back skills, resources and new creative, appealing recipes to local schools.

You need a healthy lunch to get energized for your favorite sports or activities. A healthy lunch also gives you the fuel you need to succeed in school. School meals are a healthy, tasty, convenient choice for students.

Nutrilink: Find NSLW info at www.schoolnutrition.org/nslw.

After School Snack Menu for October 2019

NHCS

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice

October

- National Apple Month
- National Farm to School Month
- National School Lunch Week (October 14-18)
- North Carolina Crunch (October 23)

Source: www.schoolnutrition.org



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