

Families Making the Connection

Crunch into N.C. Fruits and Veggies

It's Fruits & Veggies—More Matters™ Month. Through the N.C. Farm to School Program from the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more grown on North Carolina farms to serve through school meals. Make plans now to celebrate Farm to School Month in October with the N.C. Crunch. Kids and adults will be crunching into locally grown apples. For farm to school info and celebration ideas, visit www.farmtoschoolcoalitionnc.org.

Walk to School

The 2019 Walk to School Day is October 2. As students are in back to school mode, it's a great time to think about planning such an event for the school community.

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 for more info.

Food Allergy Disclaimer: Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens.

Menus for September 2021

Edgecombe County Public Schools Pre-K

		Wednesday, September 1	Thursday, September 2	Friday, September 3
	Happy National Rice Krispy Month	Breakfast Pizza Chilled Pears Baked Spaghetti w/ Garlic Toast Candied Yams Mandarin Oranges	Sausage Biscuit Fresh Fruit Chicken Nuggets Mashed Potatoes Chilled Pears	Whole Grain Cereal Chilled Pineapples Pizza Slice Sweet Potato Fries Fresh Fruit
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
Holiday	Confetti Pancakes Fresh Fruit Meatball Sub Tater Tots Chilled Peaches	Strawberry Yogurt Chilled Pineapples Baked Chicken WG Roll Steamed Collards Mandarin Oranges	Whole Grain Cereal Fresh Fruit Chicken Nuggets Garden Peas Chilled Applesauce	Chicken Biscuit Chilled Pears Pizza Slice Green Beans Chilled Mixed Fruit
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Sausage Biscuit Chilled Mixed Fruit Fish Nuggets Broccoli w/Cheese Chilled Pears	Chicken Biscuit Chilled Applesauce Tacos w/Tortilla Rounds Corn Fresh Fruit	Whole Grain Cereal Chilled Pears Baked Spaghetti w/ Garlic Toast Candied Yams Mandarin Oranges	Confetti Pancakes Fresh Fruit Popcorn Chicken Mashed Potatoes Fresh Fruit	Mini French Toast Chilled Pineapples Pizza Slice Green Beans Chilled Peaches
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
NO SCHOOL	Sausage Biscuit Fresh Fruit Meatball Sub. Oven Fries Fresh Fruit	Strawberry Yogurt Chilled Pineapples Baked Chicken WG Roll Steamed Collards Mandarin Oranges	Chicken Biscuit Fresh Fruit Thai Sweet Chicken w/Noodles Potato Roasters Chilled Applesauce	Whole Grain Cereal Chilled Pears Pizza Slice Green Beans Chilled Mixed Fruit
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
Sausage Biscuit Fresh Fruit Cheesburger on Bun Lima Beans Chilled Pears	Confetti Pancakes Fresh Fruit Salisbury Steak w/Rice & Gravy Oven Fries Mandarin Oranges	Strawberry Yogurt Chilled Pineapples Baked Spaghetti w/ Garlic Toast Candied Yams Chilled Peaches	Whole Grain Cereal Fresh Fruit Chicken Nuggets Mixed Vegetables Chilled Applesauce	



Breakfast & Lunch include low-fat or fat-free milk.