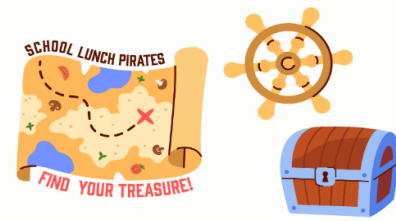


Celebrate National School Lunch Week

#NSLW



The College Preparatory & Leadership Breakfast K-12 Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 2 GRITS w/Butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE WEDGES 100% JUICE Low fat or Fat Free Milk	October 3 SAUSAGE, EGG & CHEESE BISCUITS OR DANISHES FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 4 WAFFLES w/ syrup BACON STRIPS OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk
October 7 FRENCH TOAST STICKS w/ syrup TURKEY SAUSAGE LINKS OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRESH STRAWBERRIES 100% JUICE Low fat or Fat Free Milk	October 8 W/G PANCAKE ON STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 9 GRITS w/Butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE WEDGES 100% JUICE Low fat or Fat Free Milk	October 10 SAUSAGE BISCUITS w/ grape jelly OR BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 11 CHICKEN FRITTER BISCUITS w/ grape jelly OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEACHES 100% JUICE Low fat or Fat Free Milk
October 14 NO SCHOOL FALL BREAK	October 15 NO SCHOOL FALL BREAK	October 16 NO SCHOOL FALL BREAK	October 17 NO SCHOOL FALL BREAK	October 18 NO SCHOOL FALL BREAK
October 21 PANCAKE w/syrup BACON STRIPS OR ASSORTED CEREAL NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Low fat or Fat Free Milk	October 22 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 23 GRITS w/Butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE WEDGES 100% JUICE Low fat or Fat Free Milk	October 24 TURKEY SAUSAGE, EGG & CHEESE BISCUITS OR NONFAT YOGURT GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 25 FRENCH TOAST STICKS w/syrup SAUSAGE LINKS OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk
October 28 BACON, EGG & CHEESE BISCUIT OR ASSORTED CEREAL W/ GRAHAM CRACKERS FRESH FRUIT MEDLEY 100% JUICE Lowfat or Fat Free Milk	October 29 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 30 GRITS w/Butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE WEDGES 100% JUICE Low fat or Fat Free Milk	October 31 SAUSAGE, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	

Nutrition Byte

Find Your Treasure with School Lunch

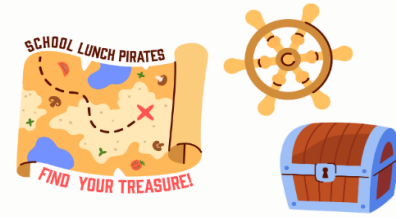
Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is “Find Your Treasure with School Lunch”. Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.



Celebrate National School Lunch Week

#NSLW



The College Preparatory & Leadership 9-12 Lunch Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 TACO SALAD w/nacho cheese, shred lettuce TORTILLA CHIPS YELLOW CORN MANDARIN ORANGES DICED PEACHES Lowfat or Fat Free Milk	October 2 FRIED CHICKEN LEGS W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	October 3 SLOPPY JOE SANDWICH W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	October 4 PIZZA (CHEESE/ PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/ TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
October 7 MEATBALLS w/GRAVY W/W DINNER ROLL WHITE RICE TURNIP GREENS TROPICAL FRUIT MIX PINEAPPLE TIDBITS Lowfat or Fat Free Milk	October 8 CHICKEN FAJITAS w/ cheese, salsa, shred lettuce W/W FAJITAS PINTO BEANS YELLOW CORN FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	October 9 FRIED CHICKEN TENDERS W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	October 10 TURKEY & CHEESE WRAP OR CHICKEN ALFREDO STEAMED BROCCOLI FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	October 11 PIZZA (CHEESE/PEPPERONI) BAKED POTATO CHIPS FRESH FRUIT Lowfat or Fat Free Milk
October 14 NO SCHOOL FALL BREAK	October 15 NO SCHOOL FALL BREAK	October 16 NO SCHOOL FALL BREAK	October 17 NO SCHOOL FALL BREAK	October 18 NO SCHOOL FALL BREAK
October 21 CHEESEBURGER MAC GREEN BEANS FRESH FRUIT FRUIT COCKTAIL Lowfat or Fat Free Milk	October 22 BEEF TACOS w/shred cheese, lettuce W/W FLOUR TORTILLA YELLOW CORN DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	October 23 FRIED CHICKEN LEGS W/W DINNER ROLL MACARONI & CHEESE TURNIP GREENS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	October 24 CHICKEN FILLET SANDWICH SWEET POTATOES w/ roasted marshmallows GREEN BEANS FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	October 25 PIZZA (CHEESE/ PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/ TOMATOES FRESH FRUIT Low fat or Fat Free Milk
October 28 SEASAME CHICKEN w/ duck sauce soy sauce EGG ROLL YELLOW RICE YELLOW CORN TROPICAL FRUIT MIX DICED PEACHES Lowfat or Fat Free Milk	October 29 CHICKEN FAJITAS w/ cheese, salsa, shred lettuce W/W FAJITAS PINTO BEANS YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Low fat or Fat Free Milk	October 30 BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS/ TOMATOES DICED TOMATOES FRESH FRUIT TROPICAL FRUIT MIX Lowfat or Fat Free Milk	October 31 CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS GREEN BEANS DICED PEACHES FRUIT COCKTAIL Lowfat or Fat Free Milk	

Nutrition Byte

Find Your Treasure with School Lunch

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is “Find Your Treasure with School Lunch”. Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

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During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 and all month, let’s recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.