Families Making the Connection

SCHOOL LUNCH WHAT'S COOKING?

Celebrate National School Lunch Week

School lunch week celebrates the excellent nutrition school meals provide. School lunch helps kids grow healthy by offering them the foods and nutrients they need most.

What's cooking?
School lunch is a tasty, nutritious and convenient choice for students and families! Lunch at your child's school offers meals with:

- Fruits and vegetables
- Whole grains
- Fat free or low fat milk
- Just the right amount of calories for students
- Less sodium (salt)
- Less saturated and trans fat ("bad" fats)

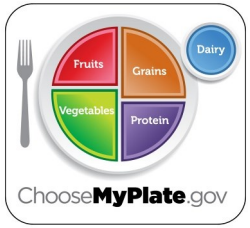
What does this mean? Eating smart is easy to do with school lunch!

Chefs Move to Schools
Chefs and schools are coming together to create healthier school environments with innovative solutions. Encourage your school to sign up at www.chefsmovetoschools.org!

October

- Apple Month
- Vegetarian Awareness Month

Menus for October 2013



FORT BRAGG Schools

Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
Breakfast Pizza Or Cheerios Cereal Orange Wedges or Grape Juice Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Sloppy Joes Or Fried Rice w/ Diced Chicken & Roll **CHOOSE TWO** Garden Peas Steamed Corn Orange Wedges Diced Tomatoes w/ Sliced Cucumbers	Waffle w/Sausage link & Syrup Or Chex's Cereal Orange Juice or Apple Wedges Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Spaghetti w/ Meat Sauce & French Bread Or Hotdog **CHOOSE TWO** Green Beans Glazed Carrots Tossed Salad Fresh Pineapple Chucks **CHOCIE OF COLD MILK**	Scramble Eggs w/ Grits Or Raisin Bran Grape Juice or Applesauce Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Cheese Pizza Or Sub Sandwich **CHOOSE TWO** Steamed Corn Pinto Beans Spinach Salad Orange Wedges **CHOCIE OF COLD MILK**	Ham Biscuit w/ Oatmeal Or Toasted Cinnamon Twist Bowl Pear Wedges or Orange Juice Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Oven Baked Chicken w/ Roll Or Cheeseburger **CHOOSE TWO** Creamed Potatoes Fresh Squash & Zucchini Orange Gelatin w/ Pears Fresh Apple Wedges **CHOCIE OF COLD MILK**	Strawberry Breakfast Bar Or Apple Jacks Cereal *Graham Crackers* Applesauce or Orange Juice **CHOICE OF COLD MILK** **LUNCH** Taco Salad w/ Chips Or Fish Sticks w/ Cornbread **CHOOSE TWO** Oven Baked Fries Baked Beans Cherry Tomatoes Orange Wedges **CHOCIE OF COLD MILK**

Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
B: Breakfast Pizza Or Raisin Bran Orange Wedges or Apple Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Fried Rice w/Diced Chicken & Roll Or Sub Sandwich **CHOOSE TWO** Steamed Broccoli Baked Apples Fresh Pears Sliced Peaches **CHOCIE OF COLD MILK**	Pancake N' Sausage Or Cinnamon Twist Cereal Orange Juice or Apple Wedges Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Turkey Pastry w/ Corn Muffin Or Cheese Burger **CHOOSE TWO** Garden Peas Baked Sweet Potatoes Lettuce w/ Pickles Orange Wedges **CHOCIE OF COLD MILK**	Yogurt w/ Granola Or Chex's Apple Juice or Orange Wedges Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Pepperoni Pizza Or Chicken Sandwich **CHOOSE TWO** Steamed Corn Green Beans Tossed Salad Fresh Apple Wedges **CHOCIE OF COLD MILK**	Breakfast Pizza Or Apple Jacks Grape Juice or Sliced Peaches Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Bar-B-Que Chicken w/ Roll Or Hotdog **CHOOSE TWO** Creamed Potatoes Pinto Beans Red Gelatin w/ Mixed Fruit Fresh Pineapple Chucks **CHOCIE OF COLD MILK**	Continuous School Improvement Non-Student Day

Fit Foundations

Aztec Grain Salad

Makes 6 servings
Serving Size: 3/4 cup

Ingredients

- 1 1/3 cups uncooked quinoa
- 1 3/4 cups Granny Smith apples, peeled, cored and cut into 3/4 inch cubes
- 1 3/4 cups butternut squash, seeded, peeled and cut into 1/2 inch cubes
- 1 tablespoon canola oil
- Nonstick cooking spray
- 2 1/2 tablespoons orange juice concentrate
- 1 tablespoon + 3/4 teaspoon olive oil
- 1 teaspoon honey
- 1/2 teaspoon ground cinnamon
- 1/3 teaspoon Dijon mustard
- 1/8 teaspoon pepper
- 1/3 cup dried cranberries

Directions

1. Preheat oven to 400º F.
2. Prepare quinoa according to package directions. Let cool.
3. In a small bowl, combine apples and squash. Add canola oil and toss well to coat.
4. Lightly spray a sheet pan with nonstick spray. Transfer apple-squash mixture to the sheet pan and roast in the oven for 10 to 15 minutes. The squash should be softened but still firm with light brown edges. Let cool.
5. In a small bowl, mix orange juice, olive oil, honey, cinnamon, mustard, and pepper.
6. In a medium bowl, combine the quinoa, apple-squash mixture, cranberries and orange juice mixture. Toss well to coat. Refrigerate for 2 hours. Serve.

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www.ncdhhs.gov • www.nutritionnc.com • http://childnutrition.ncpublicschools.gov

Sources: www.healthymeals.nal.usda.gov, www.recipesforkidschallenge.com

Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
COLUMBUS DAY Non-Student /Non -Teacher Day HOLIDAY	Pancake N' Sausage or Rice Chex's Cereal Orange Wedges or Grape Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Turkey Pastry w/ Corn Muffin Or Cheeseburger **CHOOSE TWO** Sweet Potato Fluff Garden Peas Romaine Lettuce w/Pickle Chips Nectarines **CHOICE OF COLD MILK**	Scramble Eggs w/ Grits or Apple Jacks Cereal Grape Juice or Orange Wedges Toast w/ (1) Jelly **CHOICE OF COLD MILK** **LUNCH** Cheese Pizza Or Ham & Cheese Sandwich **CHOOSE TWO** Green Beans Steamed Corn Tossed Salad Giggle Grapes **CHOICE OF COLD MILK**	Croissant w/ Cream Cheese Or Raisin Bran Cereal Applesauce or Orange Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Oven Baked Chicken w/ Roll Or Hotdog **CHOOSE TWO** Creamed Potatoes Baked Beans Coleslaw Orange Wedges **CHOICE OF COLD MILK** **CHOICE OF COLD MILK**	Whole Grain Pancakes w/ Syrup Or Cinnamon Toast Cereal Sliced Peaches or Apple Juice Toast w/ (1) Jelly **CHOICE OF COLD MILK** **LUNCH** Taco's Or Fish Sticks w/ Cornbread **CHOOSE TWO** Oven Baked Fries Pinto Beans Pears Carrot-Coleslaw Shredded Lettuce/Diced Tomato **CHOICE OF COLD MILK**

Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Breakfast Pizza Or Raisin Bran Cereal Orange Wedges or Apple Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Chicken Sandwich Or Lasagna w/ French Bread **CHOOSE TWO** Steamed Corn Green Beans Romaine w/ Diced tomatoes Orange Wedges **CHOICE OF COLD MILK**	Scramble Eggs w/ Grits Or Rice Chex's Apple Wedges or Orange Juice Toast w/ (1) Jelly **CHOICE OF COLD MILK** **LUNCH** Turkey Pastry w/ Sweet Potato Muffin Or Hotdog **CHOOSE TWO** Steamed Carrots Baked Apples Orange Jell-O w/ Pears Apple Wedges **CHOICE OF COLD MILK**	Strawberry Breakfast Bar Or Toasted Cinnamon Twist Grapes or Apple Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Pepperoni Pizza Or Sub Sandwich **CHOOSE TWO** Garden Peas Steamed Carrots Tossed Salad Tangerines **CHOICE OF COLD MILK**	Waffle w/ Sausage Link & Syrup Or Apple Jacks Sliced Peaches or Grape Juice Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Bar-B-Que Chicken w/ Roll Or Hamburger **CHOOSE TWO** Baked Sweet Potatoes Green Beans Red Jell-0 w/ Peaches Shredded Lettuce w/ Pickles **CHOICE OF COLD MILK**	Pancake N' Sausage or Cinnamon Twist Cereal Orange Juice or Apple Wedges Toast w/ (1) Jelly **CHOICE OF COLD MILK** **LUNCH** Taco's Or Fish Sticks w/ Cornbread **CHOOSE TWO** Baked Beans Baked Apples Shredded Lettuce w/ Diced Tomatoes Tangerines

Monday, October 28	Tuesday, October 29	Wednesday, October 30	Wednesday, October 31
B: Breakfast Pizza Or Cinnamon Twist Cereal Orange Wedges or Apple Juice Toast w/ (1) Jelly **CHOICE OF COLD MILK** **LUNCH** **Turkey Deli Sandwich** **Or** **Chili Con Carne w/ Crackers** **CHOOSE TWO** Steamed Broccoli Baked Apples Fresh Pears Sliced Peaches **CHOCIE OF COLD MILK**	Breakfast Apple Bar Or Rice Chex's Cereal Orange Juice or Apple Wedges Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Spaghetti w/ Meat Sauce & French Bread Or Hotdog **CHOOSE TWO** Green Beans Glazed Carrots Tossed Salad Fresh Pineapple Chucks **CHOCIE OF COLD MILK**	Scramble Eggs w/ Grits Or Raisin Bran Cereal Grape Juice or Applesauce Toast w/ (Jelly) **CHOICE OF COLD MILK** **LUNCH** Cheese Pizza Or Ham & Cheese Sandwich **CHOOSE TWO** Steamed Corn Pinto Beans Spinach Salad Orange Wedges **CHOCIE OF COLD MILK**	Waffle w/ Sausage Link & Syrup Or Apple Jacks Cereal Grape Juice or Applesauce Graham Crackers **CHOICE OF COLD MILK** **LUNCH** Oven Baked Chicken w/Roll Or Cheeseburger **CHOOSE TWO** Creamed Potatoes Steamed Cabbage Red Jell-O w/ Pears Fresh Apple **CHOCIE OF COLD MILK**

National School Lunch Week October 14-18