

Nutrition Byte

Peace, Love and School Lunch

Did you know October 10-14 is officially National School Lunch Week? The #NSBW2021 theme is “Peace, Love and School Lunch”. We love school lunch!

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 celebrate with their schools and districts through special menus, events, activities and more. The 2022 NSLW theme allows schools to have fun, be creative and share love for school meals and their local School Nutrition Programs.

Let’s lift up our essential School Nutrition professionals during #NSLW2022 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.

Camp Lejeune Community Schools Breakfast K-12

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
Cinnamon Rolls Pears Orange Wedges Milk	Scrambled Eggs Grits Toast Mixed Fruit Applesauce Cup Milk	Yogurt Toast Peaches Juice Milk	Egg & Cheese Muffin Cranberries, Dried Juice Milk	Pancakes Apple Juice Milk
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
Holiday “Thank you”	No School School Nutrition	Cereal Toast Pineapple Juice Milk “ Team Heroes”	Cinnamon Rolls Pears Raisins Milk	Egg & Cheese Muffin Cranberries, Dried Juice Milk
Cereal Available Daily Juice				
Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21
French Toast Sticks Orange Wedges Apple Milk	Egg & Cheese Muffin Cranberries, Dried Juice Milk	Chicken Biscuit Peaches Applesauce Cup Milk	Cereal Toast Pineapple Juice Milk	Muffin Cereal Mixed Fruit Pears Milk
Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
Pancakes Apple Juice Milk	Scrambled Eggs Grits Toast Mixed Fruit Applesauce Cup Milk	French Toast Sticks Orange Wedges Apple Milk	Egg & Cheese Muffin Cranberries, Dried Juice Milk	No School
Monday, October 31				
Muffin Cereal Mixed Fruit Pears Milk	Menu subject to change upon product availability			

Camp Lejeune Community Schools

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>