

## 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](http://www.schoolnutrition.org).

# Camp Lejeune Community Schools Lunch K-8

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
Chicken Nuggets Corn Green Beans Pineapple Tidbits Milk	Hot Ham & Cheese Broccoli Fries Applesauce Peaches Milk	Hot Dog on Bun Beef Chili Baked Beans Baby Carrots Pears Milk	Pulled Pork Cornbread Muffin Potato Tots Sauteed Cabbage Raisins Milk	Chicken & Waffles Broccoli Steamed Carrots Watermelon Chunks Milk
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
<b>Holiday</b>  <b>“Thank you”</b>	<b>No School</b>  <b>School Nutrition</b>	Cheeseburger on Bun Potato Tots Green Beans Peaches      Milk  <b>“Team Heroes”</b>	Corndog Loaded Baked Potato Roll Corn Baby Carrots Apple Milk	Pizza Romaine Spinach Salad Broccoli Raisels Milk
Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21
Chicken Nuggets Corn Green Beans Pineapple Tidbits Milk	Beefy Cheesy Pasta Roll Peas Baby Carrots Apple Raisels Milk	Corndog Nuggets Oven Fries Baked Beans Romaine Spinach Salad Mixed Fruit Milk	Pulled Pork Cornbread Muffin Macaroni & Cheese Sauteed Cabbage Pears Cranberries, Dried Milk	Chicken & Waffles Broccoli Baby Carrots Raisins Milk
Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
Cheeseburger on Bun Potato Tots Green Beans Peaches Milk	Loaded Baked Potato Turkey Corndog Roll Broccoli Corn Baby Carrots Apple      Milk	Hot Ham & Cheese Baked Beans California Vegetables Orange Wedges Raisins Milk	Chicken Nuggets Roll Corn Green Beans Pineapple Tidbits Milk	<b>No School</b>
Monday, October 31				
Pizza Broccoli Corn Raisels 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>