



School Information: The National School Lunch Program (NSLP) serves nearly 30 million children every school day.* NSLW 12-16 October 2020*



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
Roll
Green Beans
Steamed Carrots
Applesauce Cup
Milk

5

Beef Chili w/ Cheese Sticks
Nachos Chips
Broccoli
Roasted Butternut Squash
Peach Cup
Milk

6

Pizza
Corn
Baby Carrots w/ Ranch Dressing
Apple
Raisins
Milk

7

BBQ Pulled Pork Sandwich
Carolina Coleslaw
Baby Carrots w/ Ranch Dressing
Baked Beans
Peach Cup
Raisins
Milk

1

Cheeseburger w/ Fixings
Peas
Corn
Mixed Berry Cup
Milk

2

Columbus Day
Holiday**

12

No School

13

Hot Dog w/ Fixings
Baked Beans
Steamed Carrots
Apple
Milk

14

Cheeseburger w/ Fixings
Corn
Garden Salad
Mixed Berry Cup
Milk

15

BBQ Pulled Pork Sandwich
Carolina Coleslaw
Baby Carrots w/ Ranch Dressing
Peach Cup
Raisins
Milk

16

Chicken Tenders
Roll
Green Beans
Corn
Pears
Milk

19

Pork Rib On Bun
Baked Beans
Spinach
Applesauce
Milk

20

Pepperoni Pizza
Peas
Baby Carrots w/ Ranch Dressing
Pears
Milk

21

Oven Roasted Chicken
Rice w/ Gravy
Mixed Vegetables
Sweet Potatoes
Peaches
Milk

22

Turkey Corn Dog
Winter Blend
Corn
Applesauce
Milk

23

Chicken Nuggets
Roll
Peas
Steamed Carrots
Mixed Fruit
Milk

26

Beef Chili
Cheese Sticks
Nacho Chips
Broccoli
Roasted Butternut Squash
Peaches
Milk

27

Corn Dog Nuggets
Baked Beans
Mixed Vegetables
Apple
Raisins
Milk

28

Pizza
Green Beans
Corn
Orange Wedges
Milk

29

No School

30

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