

October 2020 Camp Lejeune Community Schools 9-12



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



BBQ Pulled Pork Sandwich **1**
Carolina Coleslaw
Baby Carrots w/ Ranch Dressing
Baked Beans
Peach Cup
Raisins
Milk

Cheeseburger w/ Fixings **2**
Peas
Corn
Applesauce
Mixed Berry Cup
Milk

Pork Rib On Bun **5**
Baked Beans
Mixed Vegetables
Pineapple Tidbits
Raisins
Milk

Beef Chili w/ Cheese Sticks **6**
Nacho Chips w/ Salsa
Broccoli
Roasted Butternut Squash
Mixed Berry Cup
Peach Cup
Milk

Pizza **7**
Corn
Baby Carrots w/ Ranch Dressing
Apple
Raisins
Milk

Teriyaki Chicken **8**
Roll
Mashed Potatoes w/ Gravy
Peas
Mixed Fruit
Orange Wedges
Milk

Corn Dog Nuggets **9**
Green Beans
Steamed Carrots
Apple
Pears
Milk

Columbus Day Holiday** **12**

National School Lunch Week**

No School **13**

Cheeseburger w/ Fixings **14**
Peas
Corn
Mixed Berry Cup
Peaches
Milk

BBQ Pulled Pork Sandwich **15**
Carolina Coleslaw
Steamed Carrots
Baked Beans
Pears
Raisins
Milk

Chicken Nuggets w/ Roll **16**
Broccoli
Mixed Vegetables
Applesauce
Orange Wedges
Milk

Chicken Pepper Jack Cheese **19**
Quesadillas w/ Nacho Chips
Black Beans Salsa Cup
Baby Carrots w/ Ranch Dressing
Apple
Peaches
Milk

Grilled Cheese Sandwich **20**
Tomato Soup
Mixed Vegetables
Romaine & Spinach Salad
Mixed Fruit
Orange Wedges
Milk

Pork Rib **21**
Baked Beans
Steamed Carrots
Applesauce
Raisins
Milk

Oven Roasted Chicken **22**
Roll
Rice w/ Gravy
Peas
Sweet Potatoes
Peaches Pears
Milk

Pizza **23**
Vegetable Salad
Winter Blend Vegetables
Mixed Fruit
Pineapple
Milk

Chicken Tenders w/ Roll **30**
Baked Beans
Mixed Vegetables
Mixed Berry Cup
Raisins
Milk

Beef Chili w/ Cheese Sticks **27**
Nacho Chips W/ Salsa
Romaine & Spinach Salad
Roasted Butternut Squash
Peaches
Apple
Milk

Pizza **28**
Broccoli
Corn
Mixed Fruit
Orange Wedges
Milk

Hot Dog On Bun **29**
Beef Chili
Baby Carrots w/ Ranch Dressing
Corn
Pears
Apple
Milk

No School **30**

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