

# [Insert Public School Unit] Breakfast Menus for October 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | October 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |

## Families Making the Connection

### Find Your Treasure with School Lunch

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is “Find Your Treasure with School Lunch”. Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

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 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 and all month, let’s recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to [www.schoolnutrition.org](http://www.schoolnutrition.org).



# [Insert Public School Unit] Lunch Menus for October 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | October 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 11 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 15 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 16 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 17 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 18 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 21 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 22 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 23 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 24 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 25 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 28 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 29 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 30 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 31 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |  |

## Families Making the Connection

### Find Your Treasure with School Lunch

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is “Find Your Treasure with School Lunch”. Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

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 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 and all month, let’s recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to [www.schoolnutrition.org](http://www.schoolnutrition.org).