National School Lunch Week 2022 "Peace, Love, and School Lunch" Banner



# [Insert Public School Unit] Breakfast Menus for October 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| October 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 7 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 FreMilk | October 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 14 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 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 21 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 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| October 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |  |  |

## Families Making the Connection

### Peace, Love, and School Lunch

Did you know October 10-14 is National School Lunch Week? The #NSLW2022 theme is “Peace, Love and School Lunch”. We love school lunch!

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.

The National School Lunch Program reaches more than 30 million students every school day. Celebrating NSLW

promotes the importance of a healthy school lunch in a student’s life and the impact it has inside and outside the classroom.

Let’s lift up our essential N.C. School Nutrition professionals during #NSLW2022 and all month for their amazing, dedicated efforts to provide appealing, nutritious school meals every day. Let’s recognize our #NCSchoolNutritionHeroes with a kind word, thank you card, social media post, etc. For more info about school meals and NSLW, visit [www.schoolnutrition.org](http://www.schoolnutrition.org).

National School Lunch Week 2022 "Peace, Love, and School Lunch" Banner


# [Insert Public School Unit] Lunch Menus for October 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
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