NC Crunch Logo with photo of produce


# [Insert Public School Unit] Breakfast Menus for September 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | September 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | September 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Taste & Learn About Local Produce

Did you know you can find North Carolina-grown products in in grocery stores, farmers markets, roadside stands, and schools across the state? “Goodness Grows in North Carolina”!

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. **Nutrilink:** Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>. Receive a free guide with tips, templates, and links to resources.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let’s thank our dedicated #FarmtoSchoolHeroes across the state!



# [Insert Public School Unit] Lunch Menus for September 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | September 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 11 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 12 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 13 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 15 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| September 18 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 19 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 20 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 21 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | September 22 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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