

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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| 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 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 6 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 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 13 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 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 20 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 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | October 27 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 |  |  |  |

## Nutrition Byte

### Level Up with School Lunch

Did you know October 9-13 is National School Lunch Week? The #NSLW2023 theme is “Level Up with School Lunch”. Students can level up their game 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 2023 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2023 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 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| 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 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | October 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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