

NUTRITION

Community Eligibility Provision (CEP)

In Caswell County, All Elementary Students receive a **Free Breakfast and Lunch** each day!



Caswell County Schools "We Nourish Education" May & June 2019



"DIETARY GUIDELINES"

School meals are aligned with dietary specifications that ensure meals contain important vitamins and minerals and are sufficient in calories, but limited in saturated fat, sodium, & trans-fat.

Monthly Menu Notes:
Menu is Subject to Change Due to Food Availability and /or Nutrient Analysis

Daily Milk Choices
Skim Chocolate, Strawberry & White 1% White

Monday, May 6

Tuesday, May 7

Wednesday, May 1

Thursday, May 2

Friday, May 3

BREAKFAST

Cereal
Fruit, 100% Fruit Juice
Milk

LUNCH

Baked Spaghetti
Pizza Sticks
Veg Medley, Green Beans
G -Salad, Marinara Sauce
Whole Grain Bread
Fruit Choice
Milk
Grilled Chicken Salad

BREAKFAST

Waffles
Fruit, 100% Fruit Juice
Milk

LUNCH

Taco Salad
Breaded Pork Chop
Corn, Pinto Beans
Side Salad, Salsa
Tortilla Chips, Rice, Bun
Fruit Choice
Milk
Chef Salad

BREAKFAST

Cinnamon Roll
Fruit, 100% Fruit Juice
Milk

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad
Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk
Chef Salad



Did you know free summer meals are available to kids and teens when school is out? No ID or registration is required. For more info, go to www.nokidhungrync.org.

May

School Nutrition Employee Week
(May 6-10)

BREAKFAST

Pop Tarts, Graham Crackers
Fruit, 100% Fruit Juice
Milk

LUNCH

Tangerine Chicken
Meatballs
Broccoli, Green Peas
Rice
Whole Grain Dinner Roll
Fruit Choice
Milk
Chef Salad

Monday, May 13

BREAKFAST

Banana Bread
Fruit, 100% Fruit Juice
Milk

LUNCH

Salisbury Steak & Gravy
Chicken Fillet
Turnip Greens
Whipped Potatoes
Corn Muffin, WGrain Bun
Fruit Choice
Milk
Chef Salad

Tuesday, May 14

BREAKFAST

Cereal Bar
Fruit, 100% Fruit Juice
Milk

LUNCH

Lasagna
Pizza Sticks
Veg Medley, Green Beans
G -Salad, Marinara Sauce
Whole Grain Bread
Fruit Choice
Milk
Grilled Chicken Salad

Wednesday, May 15

BREAKFAST

Waffles
Fruit, 100% Fruit Juice
Milk

LUNCH

Chicken Fajita
Beef Fiestada
Corn, Pinto Beans
Side Salad, Salsa
Tortilla, Rice
Fruit Choice
Milk
Chef Salad

Thursday, May 16

BREAKFAST

Cinnamon Roll
Fruit, 100% Fruit Juice
Milk

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad
Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk
Chef Salad

Friday, May 17

BREAKFAST

Pop Tarts, Graham Crackers
Fruit, 100% Fruit Juice
Milk

LUNCH

Mini Corn Dogs
Popcorn Chicken
Broccoli, Green Peas
Rice
Whole Grain Dinner Roll
Fruit Choice
Milk
Chef Salad

BREAKFAST

Banana Bread
Fruit, 100% Fruit Juice
Milk

LUNCH

Chicken (Tenders) & Waffles
Manager's Choice
Turnip Greens, G-Salad
Mac & Cheese, WGBread
Fruit Choice
Milk
Chef Salad

BREAKFAST

Cereal
Fruit, 100% Fruit Juice
Milk

LUNCH

Baked Spaghetti
Pizza Sticks
Veg Medley, Green Beans
G -Salad, Marinara Sauce
Whole Grain Bread
Fruit Choice
Milk
Grilled Chicken Salad

BREAKFAST

Waffles
Fruit, 100% Fruit Juice
Milk

LUNCH

Taco Salad
Breaded Pork Chop
Corn, Pinto Beans
Side Salad, Salsa
Tortilla Chips, Rice, Bun
Fruit Choice
Milk
Chef Salad

BREAKFAST

Chicken Biscuit
Fruit, 100% Fruit Juice
Milk

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad
Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk
Chef Salad

Developed by School Nutrition Services, N.C. Department of Public Instruction.
USDA is an equal opportunity provider and employer. 11/16
<http://cshsnutrition.ncpublicschools.gov>



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or
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Food Bytes

Child Hunger Does Not Take a Summer Vacation

Across the U.S., 1 in 5 kids does not know when and where their next meal is coming from. In N.C., more than 1 in 4 kids is at risk of hunger. These kids may not have access to enough food or to healthy foods, such as fruits and veggies. Hunger affects kid's ability to learn. It can also put kids at risk for being sick and having health issues. Learn more at

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure kids get the nutritious meals they need. All kids 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
 - Text "FOODNC" to 877-877
 - Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273)
 - Visit www.fns.usda.gov/summerfoodrocks
- Ask an organization to host a Summer Nutrition Program. Find more info at <http://childnutrition.ncpublicschools.gov/programs/summer-nutrition-opportunities>.
- Ask an organization to host a N.C. Summer Nutrition Program. To learn more, visit www.whyhunger.org/findfood.
- Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to www.serve.gov/endhunger.
- Promote the Summer Nutrition Program.

Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24																				
<p>BREAKFAST Pop Tarts, Graham Crackers Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>General Tso Chicken</u> <u>Beef Rib Patty</u> Broccoli, Green Peas Rice WG Roll / Bun Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Banana Bread Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Hot Dog w/ Chili</u> <u>Pork BBQ</u> Turnip Greens Oven Fries/Tots, Cole Slaw Whole Grain Bun Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cereal Bar Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Calzone</u> <u>Pizza Sticks</u> Veg Medley, Green Beans Garden Salad Marinara Sauce Fruit Choice Milk <u>Grilled Chicken Salad</u></p>	<p>BREAKFAST Waffles Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Chicken Fajita</u> <u>Beef Fiestada</u> Corn, Pinto Beans Side Salad, Salsa Tortilla, Rice Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cinnamon Roll Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Ch/Pepperoni Pizza</u> <u>Baked Potato & Salad</u> Veg Dippers, Veg Choice Marinara Sauce WG Bread Choice Fruit Choice Milk <u>Chef Salad</u></p>	Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31	<p>Memorial Day HOLIDAY</p>	<p>BREAKFAST Banana Bread Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Cheeseburger</u> <u>Manager's Choice</u> Turnip Greens Oven Fries/Tots WGrain Bun / Bread Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cereal Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Pizza Sticks</u> <u>Manager's Choice</u> Veg Medley, Green Beans G -Salad, Marinara Sauce Whole Grain Bread Fruit Choice Milk <u>Grilled Chicken Salad</u></p>	<p>BREAKFAST Waffles Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Taco Salad</u> <u>Manager's Choice</u> Corn, Pinto Beans Side Salad, Salsa Tortilla Chips, Rice, Bread Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cinnamon Roll Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Ch/Pepperoni Pizza</u> <u>Manager's Choice</u> Veg Dippers, Veg Choice Marinara Sauce WG Bread Choice Fruit Choice Milk <u>Chef Salad</u></p>	Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7	<p>BREAKFAST Pop Tarts, Graham Crackers Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Tangerine Chicken</u> <u>Manager's Choice</u> Broccoli, Green Peas Rice WG Roll / Bread Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Banana Bread Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Salisbury Steak & Gravy</u> <u>Manager's Choice</u> Turnip Greens Whipped Potatoes Corn Muffin, WG Bread Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cereal Bar Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Pizza Sticks</u> <u>Manager's Choice</u> Veg Medley, Green Beans G -Salad, Marinara Sauce Whole Grain Bread Fruit Choice Milk <u>Grilled Chicken Salad</u></p>	<p>BREAKFAST Waffles Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Chicken Fajita</u> <u>Manager's Choice</u> Corn, Pinto Beans Side Salad, Salsa Tortilla, Rice, WG Bread Fruit Choice Milk <u>Chef Salad</u></p>	<p>BREAKFAST Cinnamon Roll Fruit, 100% Fruit Juice Milk</p> <p>LUNCH <u>Ch/Pepperoni Pizza</u> <u>Manager's Choice</u> Veg Dippers, Veg Choice Marinara Sauce WG Bread Choice Fruit Choice Milk <u>Chef Salad</u></p>
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Have a Safe & Enjoyable Summer Break

