

# NUTRITION

**Payments for  
2018-2019  
Meal Charges are Due**

**Please send payments to  
the school cafeteria.  
It is the responsibility of  
the student / household to  
pay for any meals a  
student has charged.**



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](http://www.nokidhungrync.org).

## May

**School Nutrition Employee Week  
(May 6-10)**

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



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Child Nutrition Director  
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or  
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# 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.**

**Monday, May 6**

**BREAKFAST**  
Pancake Sausage Bites  
Dunkin Stix  
Cereal, Pop Tart, Yogurt  
Fruit, 100% Fruit Juice, Milk

**LUNCH**  
**Tangerine Chicken Meatballs**  
Broccoli, Green Peas  
Rice, WGrain Dinner Roll  
Fruit Choice  
Milk

**Chef Salad**

**Monday, May 13**

**BREAKFAST**  
Pancake Sausage Bites  
Dunkin Stix  
Cereal, Pop Tart, Yogurt  
Fruit, 100% Fruit Juice, Milk

**LUNCH**  
**Mini Corn Dogs Popcorn Chicken**  
Broccoli, Green Peas  
Rice, WGrain Dinner Roll  
Fruit Choice  
Milk

**Chef Salad**

**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

**Tuesday, May 7**

**BREAKFAST**  
Eggs w/ Roll, Banana Bread  
Mini Pancakes  
Cereal, Pop Tart, Yogurt  
Fruit, 100% Fruit Juice, Milk

**LUNCH**  
**Salisbury Steak & Gravy Chicken Fillet**  
Turnip Greens,  
Whipped Potatoes  
Corn Muffin, WG Bun  
Fruit Choice, Milk

**Chef Salad**

**Tuesday, May 14**

**BREAKFAST**  
Eggs w/ Roll, Banana Bread  
Mini Pancakes  
Cereal, Pop Tart, Yogurt  
Fruit, 100% Fruit Juice, Milk

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

**Chef Salad**

**Wednesday, May 1**

**BREAKFAST**  
French Toast Sticks  
Chicken Biscuit  
Cereal, Pop Tart, Yogurt  
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**

**Wednesday, May 8**

**BREAKFAST**  
French Toast Sticks  
Chicken Biscuit  
Cereal, Pop Tart, Yogurt  
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**  
French Toast Sticks  
Chicken Biscuit  
Cereal, Pop Tart, Yogurt  
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**

**Thursday, May 2**

**BREAKFAST**  
Breakfast Pizza  
Waffles  
Cereal, Pop Tart, Yogurt  
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**

**Thursday, May 9**

**BREAKFAST**  
Breakfast Pizza  
Waffles  
Cereal, Pop Tart, Yogurt  
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**  
Breakfast Pizza  
Waffles  
Cereal, Pop Tart, Yogurt  
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**

**Friday, May 3**

**BREAKFAST**  
Sausage Biscuit  
Cinnamon Roll  
Cereal, Pop Tart, Yogurt  
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 10**

**BREAKFAST**  
Sausage Biscuit  
Cinnamon Roll  
Cereal, Pop Tart, Yogurt  
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**  
Sausage Biscuit  
Cinnamon Roll  
Cereal, Pop Tart, Yogurt  
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**

## 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](http://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](http://www.whyhunger.org/findfood).
- Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to [www.serve.gov/endhunger](http://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><b>BREAKFAST</b> Pancake Sausage Bites Dunkin Stix Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Eggs w/ Roll , Banana Bread Mini Pancakes Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> French Toast Sticks Chicken Biscuit Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Breakfast Pizza Waffles Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Sausage Biscuit Cinnamon Roll Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <u>Ch/ Pepperoni Pizza</u> <u>Baked Potato &amp; 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><b>Memorial Day HOLIDAY</b></p>	<p><b>BREAKFAST</b> Eggs w/ Roll , Banana Bread Mini Pancakes Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> French Toast Sticks Chicken Biscuit Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Breakfast Pizza Waffles Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Sausage Biscuit Cinnamon Roll Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Pancake Sausage Bites Dunkin Stix Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Eggs w/ Roll , Banana Bread Mini Pancakes Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <u>Salisbury Steak &amp; Gravy</u> <u>Manager's Choice</u> Turnip Greens Whipped Potatoes Corn Muffin, WG Bread Fruit Choice, Milk <u>Chef Salad</u></p>	<p><b>BREAKFAST</b> French Toast Sticks Chicken Biscuit Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Breakfast Pizza Waffles Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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><b>BREAKFAST</b> Sausage Biscuit Cinnamon Roll Cereal, Pop Tart, Yogurt Fruit, 100% Fruit Juice, Milk</p> <p><b>LUNCH</b> <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

