

NUTRITION

For the 2023-24 school year,
All Students at all 6 schools will receive
Breakfast and Lunch at NO COST.
Through our participation in the
Community Eligibility Provision



Note:

Due to continued issues in the food supply chain, food & supply market changes may affect menu item availability-
School Menu is Subject to Change

If menu changes must be made due to supply issues, our menu will still continue to be nutritionally balanced to include all required food components:

Breakfast—Bread/ Grains, Fruit, Milk
Lunch—Meat/MA, Bread/Grain, Vegetable, Fruit & Milk

Thank you for your patience & understanding of the circumstances beyond our control.

-The Child Nutrition Team

USDA is an equal opportunity provider and employer. <http://childnutrition.ncpublicschools.gov>



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Caswell County Schools School Nutrition Program



"We Nourish Education"

We Play a Very Important Role in Education.
We Benefit the Mind and Body of Each Child We Serve.

August & September 2023

Monday, August 28

BREAKFAST

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Tangerine Chicken

Broccoli, Corn, SB Cup,
4oz. Grape Juice, Milk

Chef Salad

Tuesday, August 29

BREAKFAST

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fillet

Turnip Greens
Mashed Potatoes
Mixed Berries Cup, Banana,
Milk

Chef Salad

Wednesday, August 30

BREAKFAST

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Pizza Sticks

Tossed Salad
Green Beans
Marinara Sauce
Applesauce Cup, 4oz.
Orange Pineapple Juice,
Milk

Chef Salad

Thursday, August 31

BREAKFAST

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Walking Taco

Rice, Pinto Beans, Salsa,
Garden Salad, Apple,
Peach Cup, Milk

Chef Salad

Friday, September 1

BREAKFAST

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Oven Fries, Gold Rush
Juice, Watermelon, Fruit
Cocktail, Milk

Chef Salad

Monday, September 4

Holiday

Tuesday, September 5

BREAKFAST

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog

Turnip Greens
Mashed Potatoes
Mixed Berries Cup, Banana,
Milk

Chef Salad

Wednesday, September 6

BREAKFAST

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Baked Spaghetti

Tossed Salad
Green Beans
Marinara Sauce
Applesauce Cup, 4oz. Or-
ange Pineapple Juice, Milk

Chef Salad

Thursday, September 7

BREAKFAST

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita

Rice, Pinto Beans, Salsa,
Garden Salad, Apple,
Peach Cup, Milk

Chef Salad

Friday, September 8

Grab & Go BREAKFAST Menu Items

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Oven Fries, 4oz. Gold Rush
Juice, Cantaloupe, Fruit
Cocktail, Milk

Chef Salad



School Meals Make a Difference!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, low-fat or fat free dairy and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.

Students who eat school meals have better attendance, more focus in class, and improved academic performance.

Participation in School Nutrition Programs supports social emotion-

For information on: Caswell County Schools Student Wellness, Please visit our website at: <http://www.caswell.k12.nc.us> School Nutrition BOE Policy - Wellness Policy

Monday, September 11

BREAKFAST

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fillet

Broccoli, Corn, SB Cup,
4oz. Grape Juice, Milk

Chef Salad

Tuesday, September 12

BREAKFAST

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Cheeseburgers

Turnip Greens
Mashed Potatoes
Mixed Berries Cup, Banana,
Milk

Chef Salad

Wednesday, September 13

BREAKFAST

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Lasagna Rolls

Tossed Salad
Green Beans
Marinara Sauce
Applesauce Cup, 4oz.
Orange Pineapple Juice,
Milk

Chef Salad

Thursday, September 14

BREAKFAST

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita

Rice, Pinto Beans, Salsa,
Garden Salad, Apple,
Peach Cup, Milk

Chef Salad

Friday, September 15

BREAKFAST

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Oven Fries, 4oz. Gold Rush
Juice, Watermelon, Fruit
Cocktail, Milk

Chef Salad

Monday, September 18

BREAKFAST

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Chunks

Broccoli, Corn, SB Cup,
4oz. Grape Juice, Milk

Chef Salad

Tuesday, September 19

BREAKFAST

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Bites

Turnip Greens
Mashed Potatoes
Mixed Berries Cup, Banana,
Milk

Chef Salad

Wednesday, September 20

BREAKFAST

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Cheese Bites

Tossed Salad
Green Beans
Marinara Sauce
Applesauce Cup, 4oz. Or-
ange Pineapple Juice, Milk

Chef Salad

Thursday, September 21

BREAKFAST

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Beef Fiestada

Rice, Pinto Beans, Salsa,
Garden Salad, Apple,
Peach Cup, Milk

Chef Salad

Friday, September 22

BREAKFAST

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Oven Fries, 4oz. Gold Rush
Juice, Cantaloupe, Fruit
Cocktail, Milk

Chef Salad

Monday, September 25

BREAKFAST

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Tangerine Chicken

Broccoli, Corn, SB Cup,
4oz. Grape Juice, Milk

Chef Salad

Tuesday, September 26

BREAKFAST

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fillet

Turnip Greens
Mashed Potatoes
Mixed Berries Cup, Banana,
Milk

Chef Salad

Wednesday, September 27

BREAKFAST

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Pizza Sticks

Tossed Salad
Green Beans
Marinara Sauce
Applesauce Cup, 4oz. Or-
ange Pineapple Juice, Milk

Chef Salad

Thursday, September 28

BREAKFAST

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Walking Taco

Rice, Pinto Beans, Sal-
sa, Garden Salad, Apple,
Peach Cup, Milk

Chef Salad

Friday, September 29

BREAKFAST

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/ Pepperoni Pizza

Oven Fries, 4oz. Gold Rush
Juice, Watermelon, Fruit
Cocktail, Milk

Chef Salad