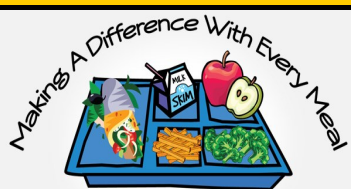


# NUTRITION

For the 2023- 2024 SY  
All Students 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 School 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 Play a Very Important Role in Education.  
We Benefit the Mind and Body of Each Child We Serve.*



# October 2023

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
<b>Breakfast</b> Cereal (Bowl or Bar) Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Banana Bread Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Chicken Biscuit Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Waffles/Pancakes -or- Pancake Stick Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Sausage Biscuit -or- Cinnamon Roll Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk
<b>LUNCH</b> <u>Chicken Tenders</u> <u>Hot Dog</u> Broccoli, Corn, SB Cup, 4OZ. Grape Juice, Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Teriyaki Bites</u> <u>Corn Dog</u> Turnip Greens Mashed Potatoes Mixed Berries Cup, Banana, Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Cheese Bites</u> <u>Lasagna Rolls</u> Garden Salad Green Beans Marinara Sauce W Grain Bun, Fruit Choice , Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Chicken Fajita</u> <u>Beef Fiestada</u> Corn, Pinto Beans , Salsa , Side Salad, Tortilla Chips , Rice , Fruit Choice , Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Ch/ Pepperoni Pizza</u> <u>Cheeseburger</u> Oven Fries, Gold Rush Juice, Watermelon , Fruit Cocktail, Milk <u>Chef Salad</u>
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
<b>Breakfast</b> Cereal (Bowl or Bar) Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Banana Bread Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Chicken Biscuit Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Waffles/Pancakes -or- Pancake Stick Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk	<b>Breakfast</b> Sausage Biscuit -or- Cinnamon Roll Cereal, Yogurt, Pop Tart Fruit, 100% Fruit Juice, Milk
<b>LUNCH</b> <u>Tangerine Chicken</u> <u>Beef Meatballs</u> Broccoli, Corn, SB Cup, 4OZ. Grape Juice ,Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Salisbury Steak</u> <u>Chicken Fillet</u> Turnip Greens Mashed Potatoes Mixed Berries Cup, Banana, Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Baked Spaghetti</u> <u>Pizza Sticks</u> Garden Salad Green Beans Marinara Sauce W Grain Bun, Fruit Choice , Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Deli Sub</u> <u>Rotisserie Chicken</u> Corn, Pinto Beans , Salsa , Side Salad, Tortilla Chips , Rice , Fruit Choice , Milk <u>Chef Salad</u>	<b>LUNCH</b> <u>Ch/ Pepperoni Pizza</u> <u>Cheeseburger</u> Oven Fries, Gold Rush Juice, Watermelon , Fruit Cocktail, Milk <u>Chef Salad</u>

# NUTRITION

## 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)

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, October 16

### Breakfast

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

### LUNCH

#### Popcorn Chicken

#### Mini Corn Dog

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

#### Chef Salad

Tuesday, October 17

### Breakfast

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

### LUNCH

#### Salisbury Steak

#### w/Gravy

#### Chicken Fillet

Turnip Greens  
Mashed Potatoes  
Mixed Berries Cup, Banana,  
Milk

#### Chef Salad

Wednesday, October 18

### Breakfast

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

### LUNCH

#### Lasagna Rolls

#### Pizza Sticks

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

#### Chef Salad

Thursday, October 19

### Breakfast

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

### LUNCH

#### Walking Taco

#### Chicken Fajita

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

#### Chef Salad

Friday, October 20

### Breakfast

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

### LUNCH

#### Ch/ Pepperoni Pizza

#### Cheeseburger

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

#### Chef Salad

Monday, October 23

### Breakfast

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

### LUNCH

#### Tangerine Chicken

#### Beef Meatballs

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

#### Chef Salad

Tuesday, October 24

### Breakfast

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

### LUNCH

#### Chicken Chunks

#### Cheeseburger

Turnip Greens  
Mashed Potatoes  
Mixed Berries Cup, Banana,  
Milk

#### Chef Salad

Wednesday, October 25

### Breakfast

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

### LUNCH

#### Calzone

#### Baked Spaghetti

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

#### Chef Salad

Thursday, October 26

### Breakfast

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

### LUNCH

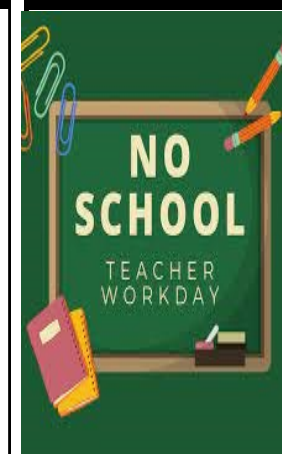
#### Deli Sub

#### Beef Fiestada

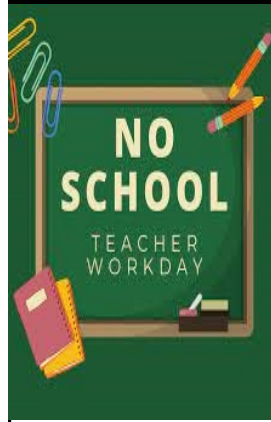
Rice, Pinto Beans, Salsa,  
Garden Salad, Apple,  
Peach Cup, Milk

#### Chef Salad

Friday, October 27



Monday, October 30



Tuesday, October 31

### Breakfast

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

### LUNCH

#### Teriyaki Bites

#### Corn Dog

Turnip Greens  
Mashed Potatoes  
Mixed Berries Cup, Banana,  
Milk

#### Chef Salad

Thank you!

