

September 2017 Elementary School Lunch

Meal Pattern

Choice of Entrée,
Grain/Bread, Vegetable,
Fruit, Milk

Milk Choices of 1%-14
or Fat Free Chocolate-
20 are offered daily

Juice-14 is only served
on Mondays & Fridays

N.C. Farm to School

The N.C. Farm to School Program celebrates its 20th anniversary this school year. As part of the program created by the N.C. Department of Agriculture & Consumer Services, school districts can purchase foods grown on North Carolina farms to serve through school meals. Our state is the only one in the U.S. with this model.

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness



Numbers listed to the right of each item are carbohydrates in grams.
*Notes items that are whole grain or contain whole grain.

HOLIDAY

Friday, September 1
*Stuffed Crust Pizza-34
5 Chicken Nuggets-14
with *Roll-28
Oven Fries—15
Steamed Carrots—6
NC Fresh Peach—12
NC Fresh Watermelon Cubes –6

Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	*Taco Salad- 35 Cheese Quesadilla- Chicken Caesar Salad -25 with *Roll -28 Beans-20 & Corn-17, Lettuce- 3.5, Salsa- 3, Tomatoes - 3, Sour Cream-2, Cheese-1 Crinkle Cut Fries- 14 NC Fresh Peach—12 Mandarin Oranges - 17	*Chicken Fillet Sandwich-42 *Corn Dog—30 Garden Salad with Cheese & 2 Breadsticks-34 Green Peas & Carrots- 10 Lettuce-3.5, Tomato- 2 Local Fresh Gala Apple-15 Fruit Cocktail- 17	Spaghetti-29 5 Chicken Nuggets- 14 with *Roll-28 Chicken Garden Salad -34 with *Roll- 28 California Vegetables- 4 NC Fresh Asian Pear—13 NC Fresh Cantaloupe - 7	*Pepperoni Pizza- 34 *Cheeseburger-30 Seasoned Green Beans-4 Sweet Potato Fries- 23 Lettuce-3.5, Tomato-2 Local Fresh Gala Apple—15 Watermelon Cubes -6
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
*BBQ Sandwich- 43 *Stuffed Crust Pizza- 34 Creamy Cole Slaw-6 Sliced Tomatoes-4 Whole Kernel Corn- 9 Pineapple- 22 Craisins-28	Orange Chicken- with Rice- 35 *Cheeseburger-30 Chicken Caesar Salad-25 with *Roll-28 Steamed Broccoli- 4 Glazed Carrots- 30 Peaches- 14 Apple- 15	Veggie Beef Soup-14 *Grilled Cheese-29 *PB & J Sandwich-53 Garden Salad with Cheese & 2 Breadsticks-34 Baby Carrots-12 with Dip-2 Green Peas-17 Pears—15 Applesauce - 15	Baked Ziti- 40 with 2 *Bread Sticks-34 *Chicken Fillet Sandwich-42 Chicken Garden Salad-34 with *Roll-28 Caesar Salad-2 with Croutons-3 Fresh Cucumber Slices- Lettuce-3.5, Tomato-2 Fresh Banana—27 Fruit Cocktail -17	*Stuffed Crust Pizza-34 *5 Chicken Rings-20 with *Bread Stick-17 Baked Beans-20 Seasoned Green Beans-4 Crinkle Cut Fries- 14 Applesauce-15 Mandarin Oranges -6
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Salisbury Steak-7 with *Roll-28 Chicken Pot Pie-19 Mashed Potatoes- 17; Gravy-4 Seasoned Green Beans-4 NC Fresh Apple—19 Fresh Nectarine -12	*Taco Salad- 35 *Cheese Quesadilla- Chicken Caesar Salad -25 with *Roll -28 Beans-20,Corn-17, Lettuce- 3.5, Salsa- 3, Tomatoes- 3, Sour Cream-2, Cheese-1 Crinkle Cut Fries- 14 NC Fresh Watermelon Cubes-6 Mandarin Oranges -6	*Ham & Cheese Sub—35 *Cheeseburger-30 Garden Salad with Cheese & 2 Breadsticks-34 California Vegetables- 4 Lettuce-3.5, Tomato-2 NC Fresh Apple—19 Craisins-28	Chili Mac & Cheese-29 5 Chicken Nuggets-14 with *Roll-28 Chicken Garden Salad -34 with *Roll- 28 Steamed Broccoli- 4 Fresh Carrots- Fresh Banana—27 Applesauce-15	*Cheese Pizza-34 *Cheeseburger-30 Green Peas-17 Sweet Potato Fries-23 Grapes—15 Mandarin Oranges -6
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
BREAKFAST FOR LUNCH Eggs-0, Sausage-1 or Chicken-7 Biscuit-28; Gravy-10 or 4 French Toast Sticks-38 Sliced Tomatoes-2 Lettuce-3.5, Tomato- 2 Tater Tots-17 Applesauce-15 Fruit Cocktail-17	Teriyaki Chicken- with Rice- 35 *Cheeseburger-30 Chicken Caesar Salad-25 with *Roll-28 Steamed Broccoli- 4 Glazed Carrots- 30 Fruit Cocktail-17 Craisins-28	*Chicken Fillet Sandwich-42 *Corn Dog—30 Garden Salad with Cheese & 2 Breadsticks-34 Seasoned Green Beans-4 Whole Kernel Corn-19 Lettuce-3.5, Tomato- 2 Sliced Peaches- 14 Mandarin Oranges -6	Mac and Cheese-22 with Grilled Franks-0 Meatloaf-8 Chicken Garden Salad-34 with *Roll-28 Pinto Beans-19,Sliced Onions-1 Steamed Cabbage-5 Stewed Tomatoes-2 Cornbread-25 Sliced Pears-15 Pineapple- 22	*Stuffed Crust Pizza- 34 *5 Chicken Rings-20 with *Breadstick-17 Crinkle Cut Fries-14 Steamed Carrots—6 Applesauce-15 Fruit Cocktail-17



five two one
almost none

This institution is an equal
opportunity provider.
Menu subject to change.