

Menus for October 2019

Bridge Academy High School Lunch

High School Offered:

1. Milk 8fl oz. 1% Low Fat or Fat Free Choc
2. 2 oz Meat / Meat Alternative
3. 1 cup of Fruit
4. 1 Cup of Vegetables
5. Grains 10—12 week (51% Whole Grain)

****All students may refuse 2 of the above but must take 1 cup of fruit / veggie equivalent.****

Families Making the Connection

Ninety-five percent of schools offer the National School Lunch Program serving 30+ million students each day. NSLW will emphasize the healthy foods offered at schools daily including whole grains, fruits, vegetables & low fat dairy. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students. Healthy school meals give students the fuel they need to be their best.

Find info on school nutrition programs at <http://childnutrition.ncpublicschools.gov>.

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Chicken Teriyaki Whole Kernel Corn Baked Beans WG Rice Corn Muffin Mango Juice Apples Oranges	Taco Garbanzo Beans Whole Kernel Corn Oranges Apples Sliced Peaches	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup	Chicken Nuggets WG Smiley Fries Ketchup Packet Corn Muffin Applesauce Cup Apples Corn / Peas & Carrots
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Macaroni & Cheese WG Garden Salad Apples Oranges Craisins Corn Muffin	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup	CLOSED YOM KIPPUR	Cheeseburger /WG Roll Ketchup Packet Carrots Whole Kernel Corn Oranges Apples Sliced Peaches	Chicken Nuggets WG Smiley Fries Ketchup Packet Corn Muffin Applesauce Cup Apples Corn / Peas & Carrots
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
CLOSED ITALIAN HERITAGE DAY	Taco Garbanzo Beans Whole Kernel Corn Carrots Oranges Apples Craisins	Alfredo pasta Chicken fajita Broccoli Green Beans Strawberry Cup Sliced Peaches Craisins	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup	HALF DAY
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Chicken Taco Garbanzo Beans Corn Oranges Apples Sliced Peaches	Cheeseburger /WG Roll Carrots Corn Oranges Apples Strawberry Cup	Penne and Meatballs Garden Salad Buttermilk Biscuit WG Apples Oranges Mango Juice Craisins Applesauce Cup	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup	Chicken Nuggets WG Smiley Fries Ketchup Packet Corn Muffin Applesauce Cup Apples Corn / Peas & Carrots
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
Taco Garbanzo Beans Corn Oranges Apples Sliced Peaches	Chicken Sandwich WG Romain lettuce Sliced tomato Ketchup Packet Carrots Oranges Apples Sliced Peaches	Penne and Meatballs Garden Salad Buttermilk Biscuit WG Apples Oranges Mango Juice Craisins Applesauce Cup	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup	

October

- National Apple Month
- National Farm to School Month
- National School Lunch Week (October 14-18)

****This institution is an equal opportunity provider.****

****Menu subject to change based on freshness, delivery, inclement weather and/or availability.****

