

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>.



Menus for October 2019

Bridge Academy Middle School Lunch

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

October

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