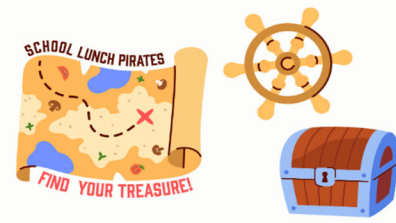




# Celebrate National School Lunch Week

#NSLW



## Carter G. Woodson K8 Lunch Menu

## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>October 1</b> Turkey & Cheese Sub Potato Wedges Fresh Banana Choice of Milk	<b>October 2</b> Macaroni & Cheese WG Roll Green Beans Fresh Apple Choice of Milk	<b>October 3</b> Chicken Tacos on WG Tortilla Pinto Beans Chilled Peaches Choice of Milk	<b>October 4</b> Chicken Nuggets WG Roll Broccoli & Cheese Mandarin Oranges Choice of Milk
<b>October 7</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>October 8</b> Cheeseburger on WG Bun WG Roll Sweet Yellow Corn Fresh Banana Choice of Milk	<b>October 9</b> BBQ Meatballs w/ WG Roll Green Beans Fresh Apple Choice of Milk	<b>October 10</b> Chicken & Waffles Spinach Chilled Peaches Choice of Milk	<b>October 11</b> No School
<b>October 14</b> No School	<b>October 15</b> Beefy Nachos w/ Cheese Pinto Beans Fresh Banana Choice of Milk	<b>October 16</b> Chicken & Rice Casserole WG Roll Steamed Broccoli Fresh Apple Choice of Milk	<b>October 17</b> Beef Hot Dog on WG Bun WG Roll Potato Wedges Chilled Peaches Choice of Milk	<b>October 18</b> Chicken Sandwich on WG Bun Green Beans Mandarin Oranges Choice of Milk
<b>October 21</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>October 22</b> Chicken Nuggets w/ WG Roll Green Beans Fresh Banana Choice of Milk	<b>October 23</b> Cheeseburger on WG Bun Spinach Peaches Choice of Milk	<b>October 24</b> Corn Dog Potato Wedges Fresh Apple Choice of Milk	<b>October 25</b> Beefy Burrito Bowl w/ Rice & Tortilla Chips Pinto Beans Mandarin Oranges Choice of Milk
<b>October 28</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>October 29</b> Turkey & Cheese Sub Potato Wedges Fresh Banana Choice of Milk	<b>October 30</b> Macaroni & Cheese WG Roll Green Beans Fresh Apple Choice of Milk	<b>October 31</b> Chicken Tacos on WG Tortilla Pinto Beans Chilled Peaches Choice of Milk	

### Nutrition Byte

#### Find Your Treasure with School Lunch

\*Menu subject to change

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is "Find Your Treasure with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure 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 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 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).