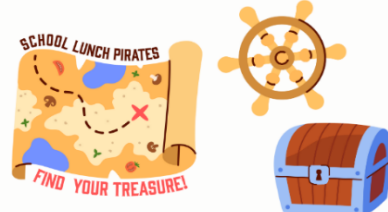




Celebrate National School Lunch Week

#NSLW



HIGH SCHOOLS

Hoke County Schools Breakfast Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 Maple Waffle Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk	October 2 Cinnamon French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	October 3 Sausage Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	October 4 Cinnamon Roll Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
October 7 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	October 8 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk	October 9 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	October 10 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	October 11 Dunkin Stix Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
October 14 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	October 15 Cinni Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk	October 16 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	October 17 Chicken Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	October 18 Honey Bun Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
October 21 Super Cruller Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	October 22 Maple Waffle Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk	October 23 Cinnamon French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	October 24 Sausage Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	October 25 Cinnamon Roll Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
October 28 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	October 29 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk	October 30 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	October 31 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	

Families Making the Connection

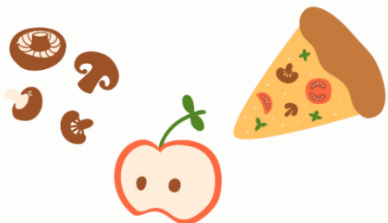
Find Your Treasure with School Lunch

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.



Celebrate National School Lunch Week

#NSLW



HIGH SCHOOLS

Hoke County Schools Lunch Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 Chicken Quesadilla Soft Shell Beef Taco Taco Chef Salad w/ Chips Black Beans, Buttered Corn Shredded Cheese Diced Tomatoes Shredded Lettuce, Salsa * NC Berry Medley Diced Peaches 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 2 Spaghetti w/Meatballs Wild Mike's Cheesy Bites <i>w/Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Steamed Carrots Diced Peaches Spiced Applesauce 100% Fruit Juice Box Wild Mike's Cheesy Bites Low-fat or Fat-Free Milk	October 3 General Tso's Chicken Cheeseburger on Bun Chef Salad w/ Grilled Chicken w/ Breadstick Stir Fry Vegetables Candied Yams Chow Mein Noodles Mandarin Oranges Peach Cup 100% Vegetable Juice Box Low-fat or Fat-Free Milk	October 4 Sloppy Joe on Bun Deep Dish Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans Mixed Berry Cup Mandarin Oranges 100% Fruit Juice Box Low Fat or Fat-Free Milk
October 7 Chicken Tenders Retro Cheese Pizza Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Diced Peaches Mixed Fruit Dinner Roll 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 8 Pork Riblet on Bun Grilled Cheese Sandwich **Chef Salad w/ Egg & Cheese w/ Breadstick Seasoned Sweet Potato Fries Baked Beans *Fresh NC Sliced Apples Diced Peaches 100% Vegetable Juice Box Low-fat or Fat-Free Milk	October 9 Beefy Nachos Chicken Quesadilla Black Bean Burger on Bun Black Beans, Buttered Corn Shredded Lettuce Diced Tomatoes Shredded Cheese, Salsa Steamed Rice Diced Peaches, Mandarin Oranges 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 10 Asian Zing Meatballs Honey Sriracha Boneless Wings Chef Salad w/ Grilled Chicken w/ Breadstick *Fresh NC Steamed Cabbage Glazed Carrots Steamed Rice Breadstick Mandarin Oranges Strawberry Cup 100% Vegetable Juice Box Low-fat or Fat-Free Milk	October 11 Retro Pepperoni Pizza Buffalo Chicken Pizza Peanut Butter & Jelly Sandwich Steamed Broccoli Hash Rounds *Fresh NC Asian Pears Strawberry Cup 100% Fruit Juice Box Low Fat or Fat-Free Milk
October 14 Popcorn Chicken PB&J Uncrustable Stuffed Crust Cheese Pizza Green Beans Potato Tots Mixed Fruit Mandarin Oranges Dinner Roll 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk	October 15 Meatball Sub Grilled Chicken Sandwich Chef's Salad w Diced Chicken w/ Dinner Roll Pinto Beans Seasoned Sweet Potato Fries Diced Peaches Mixed Fruit 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 16 Deep Dish Cheese Pizza Cheeseburger on Bun Black Bean Burger on Bun Savory Spinach w. Tortilla Chips Buttered Corn Pineapple Tidbits Diced Pears 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 17 Oven Roasted Chicken Grilled Cheese Sandwich Chef Salad w/ Egg & Cheese w. Breadstick *Fresh NC Collard Greens *Fresh NC Baked Sweet Potato Dinner Roll Diced Pears Spiced Apples 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 18 Corndog Honey Sriracha Chicken Veggie Burger on Bun Cheesy French Fries Baked Beans Mixed Berry Cup Diced Peaches 100% Fruit Juice Box Low-fat or Fat-Free Milk
October 21 Chicken Nuggets Spicy Chicken Sandwich Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Pineapple Tidbits Mixed Fruit Dinner Roll 100% Fruit Juice Box Low Fat or Fat-Free Milk	October 22 Soft Shell Beef Taco Chicken Quesadilla Chef's Salad w Diced Chicken w/ Dinner Roll Black Beans, Buttered Corn Shredded Lettuce, Diced Tomatoes Shredded Cheese, Salsa *Fresh Apple Slices Diced Pears 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 23 Meatball Sub Buffalo Chicken Wings Veggie Burger on Bun Steamed Broccoli *Fresh NC Seasoned Sweet Potato Fries Diced Pears Spiced Applesauce 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 24 Mandarin Orange Chicken Cheeseburger on Bun Chef Salad w Chicken Nuggets w Breadstick *Fresh NC Steamed Cabbage Steamed Carrots Chow Mein Noodles Mandarin Oranges Diced Pears 100% Fruit Juice Box Low-fat or Fat-Free Milk	October 25 Hot Dog on Bun Grilled Chicken Wrap Peanut Butter & Jelly Sandwich Chili Coleslaw Baked Beans Chili Cheese French Fries *Fresh Apple Wedges Mandarin Oranges 100% Fruit Juice Box Low Fat or Fat-Free Milk
October 28 Chick Fillet on Bun Corn Dog Nuggets Stuffed Crust Cheese Pizza Steamed Broccoli Seasoned Potato Tots *NC Berry Medley Mixed Fruit Dinner Roll 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk	October 29 Chicken Quesadilla Soft Shell Beef Taco Taco Chef Salad w/ Chips Black Beans, Buttered Corn Shredded Cheese Diced Tomatoes Shredded Lettuce, Salsa Pineapple Tidbits Diced Peaches 100% Juice Box Low-fat or Fat-Free Milk	October 30 Spaghetti w/Meatballs Wild Mike's Cheesy Bites <i>w/Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Steamed Carrots Peach Cup Spiced Applesauce 100% Juice Box Wild Mike's Cheesy Bites Low-fat or Fat-Free Milk	October 31 General Tso's Chicken Cheeseburger on Bun Chef Salad w/ Grilled Chicken w/ Breadstick Stir Fry Vegetables Candied Yams Chow Mein Noodles Mandarin Oranges Peach Cup 100% Juice Box Low-fat or Fat-Free Milk	*NC Farm-to-School ** Chef Salads feature NC Grape Tomatoes 