



Celebrate National School Lunch Week

#NSLW



Orange County Schools Pre-K Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	October 1 Bacon & Cheese Biscuit Chicken Quesadilla Refried Beans Fruit Choice	October 2 Strawberry Bagel Bar WowButter Sandwich Oven Fries Fruit Choice	October 3 Sweet Bread Slice Double Macaroni & Cheese Green Beans Applesauce	October 4 No School Teacher Workday
October 7 Pancakes Cheeseburger on Bun Oven Fries Frozen Fruit Cup	October 8 Sausage Biscuit Loaded Nachos Pinto Beans Fruit Choice	October 9 Banana Bread Slice Salisbury Steak w/Roll Mashed Potatoes Fruit Choice	October 10 Whole Grain Cereal Pizza Dippers Steamed Broccoli Fruit Choice	October 11 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
October 14 Waffle French Bread Pizza Oven Fries Frozen Fruit Cup	October 15 Chicken Biscuit Beef Soft Taco w/Trimmings Seasoned Black Beans Fruit Choice	October 16 Waffle Chicken Tenders Glazed Carrots Fruit Choice	October 17 Muffin Yogurt Snack Pack w/Goldfish Crackers Green Beans Fruit Choice	October 18 Manager's Choice Entrée Assorted Pizza Baby Carrots w/Ranch Fruit Choice
October 21 Blueberry Muffin Chicken Sandwich Tater Tots Fruit Choice	October 22 Bacon & Cheese Biscuit Chicken Quesadilla Refried Beans Fruit Choice	October 23 Strawberry Bagel Bar WowButter Sandwich Oven Fries Fruit Choice	October 24 Sweet Bread Slice Deli Sub Sandwich Green Beans Applesauce	October 25 No School Teacher Workday
October 28 Pancakes Cheeseburger on Bun Oven Fries Frozen Fruit Cup	October 29 Sausage Biscuit Loaded Nachos Pinto Beans Fruit Choice	October 30 Banana Bread Slice Salisbury Steak w/Roll Mashed Potatoes Fruit Choice	October 31 Whole Grain Cereal Pizza Dippers Steamed Broccoli Fruit Choice	Breakfast includes: Fruit Choice 1% Milk Lunch includes: 1% 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.