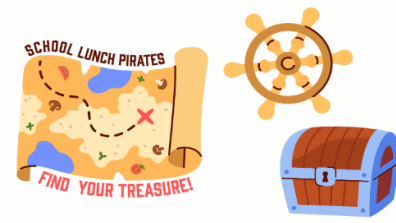




Celebrate National School Lunch Week

#NSLW



Orange County Schools High School Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing Menus are subject to change.	October 1 Breakfast Sandwich w/Hashbrowns Hot Dog on Bun w/Chili or Chicken & Waffles Carrots w/Dip French Fries Fruit Choices	October 2 Super Donut Taco Pizza or Southwest Salad Black Beans Seasoned Corn Fruit Choices	October 3 Breakfast Sandwich w/Hashbrowns Teriyaki Beef Bites w/Roll or Spicy Chicken Sandwich Mashed Potatoes Glazed Carrots Fruit Choices	October 4 No School Teacher Workday
October 7 Strawberry Bagel Bar Orange Chicken w/Rice or Cheese Pizza or Protein Bento Box Broccoli Carrots Mandarin Oranges / Fruit Choice	October 8 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger or Saucy Chicken Nuggets w/Roll or Yogurt Bento Box Pinto Beans Sweet Potato Fries Fruit Choices	October 9 Cinnamon Bun Loaded Beef Nachos or Assorted Pizza Black Beans Seasoned Corn Fruit Choices	October 10 Breakfast Sandwich w/Hashbrowns Baked Spaghetti w/Garlic Toast or Crispy Chicken Salad w/Roll or Spicy Chicken Sandwich Garden Salad Green Beans Fruit Choices	October 11 Waffles w/Sausage Links Assorted Pizza or Chicken Wings w/Roll or Chef Salad w/Roll Spicy Waffle Fries Carrots w/Dip Fruit Choices
October 14 Muffin Asian Chicken Dumplings or Cheese Pizza or Protein Bento Box Oriental Vegetables Carrots Mandarin Oranges / Fruit Choice	October 15 Breakfast Sandwich w/Hashbrowns Manager's Choice or BBQ Sandwich or Nacho Bento Box Tater Tots Seasoned Corn Fruit Choices	October 16 Eggs, Bacon, and Toast Chicken Fajita Bowl or Corn Dog or Assorted Pizza Pinto Beans Sweet Potato Fries Fruit Choices	October 17 Breakfast Sandwich w/Hashbrowns Chicken Alfredo w/Garlic Toast or Chef Salad w/Roll or Spicy Chicken Sandwich Garden Salad Broccoli Fruit Choices	October 18 Apple Strudel Stick Assorted Pizza or Chicken Wings w/Roll Spicy Waffle Fries Carrots w/Dip Fruit Choices
October 21 Breakfast Pizza Chicken Nuggets w/Roll or Cheese Pizza Sweet Potato Fries Creamed Spinach Fruit Choices	October 22 Breakfast Sandwich w/Hashbrowns Hot Dog on Bun w/Chili or Chicken & Waffles Carrots w/Dip French Fries Fruit Choices	October 23 Super Donut Taco Pizza or Southwest Salad Black Beans Seasoned Corn Fruit Choices	October 24 Breakfast Sandwich w/Hashbrowns Deli Sub Sandwich or Spicy Chicken Sandwich Manager's Choice Baby Carrots w/dip Fruit Choices	October 25 No School Teacher Workday
October 28 Strawberry Bagel Bar Orange Chicken w/Rice or Cheese Pizza or Protein Bento Box Broccoli Carrots Mandarin Oranges / Fruit Choice	October 29 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger or Saucy Chicken Nuggets w/Roll or Yogurt Bento Box Pinto Beans Sweet Potato Fries Fruit Choices	October 30 Cinnamon Bun Loaded Beef Nachos or Assorted Pizza Black Beans Seasoned Corn Fruit Choices	October 31 Breakfast Sandwich w/Hashbrowns Baked Spaghetti w/Garlic Toast or Crispy Chicken Salad w/Roll or Spicy Chicken Sandwich Garden Salad Green Beans Fruit Choices	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk

Nutrition Byte

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.

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.