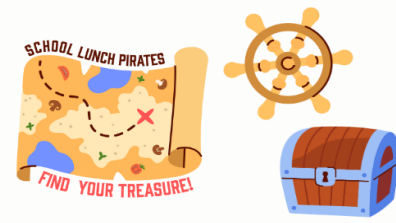




# Celebrate National School Lunch Week

#NSLW



## Caswell County Schools Breakfast Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>October 1</b> Banana bread Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 2</b> Chicken Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 3</b> Waffles/Pancake Stick Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 4</b> Cinnamon Roll Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk
<b>October 7</b> Sausage Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 8</b> Banana bread Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 9</b> Chicken Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 10</b> Waffles/Pancake Stick Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 11</b> Cinnamon Roll Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk
<b>October 14</b> Sausage Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 15</b> Banana bread Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 16</b> Chicken Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 17</b> Waffles/Pancake Stick Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 18</b> Cinnamon Roll Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk
<b>October 21</b> Sausage Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 22</b> Banana bread Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 23</b> Chicken Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 24</b> Waffles/Pancake Stick Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 25</b> Cinnamon Roll Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk
<b>October 28</b> <b><u>NO SCHOOL</u></b>	<b>October 29</b> Banana bread Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 30</b> Chicken Biscuit Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	<b>October 31</b> Waffles/Pancake Stick Cereal, Yogurt, Poptart Fruit 100% Fruit Juice Milk	

### Nutrition Byte

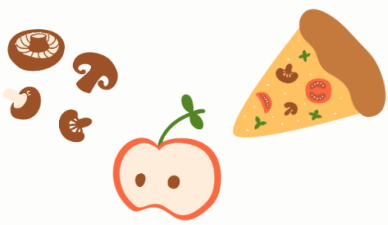
#### Find Your Treasure with School Lunch

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.

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.

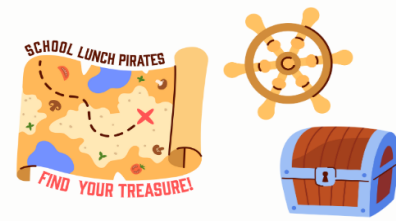
During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition 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).



# Celebrate National School Lunch Week

#NSLW



## Caswell County Schools Lunch Menus for October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>October 1</b> <u>Salisbury Steak</u> <u>Chicken Fillet</u> <u>Chef Salad</u> Turnip Greens Mashed Potatoes Mixed Berry Cup Banana Milk	<b>October 2</b> <u>Baked Spaghetti w/ Grain Bun</u> <u>Pizza Sticks</u> <u>Chef Salad</u> Green Beans Garden Salad Marinara Sauce Fruit Milk	<b>October 3</b> <u>Deli Sub</u> <u>Rotisserie Chicken Wrap</u> <u>Chef Salad</u> Corn Pinto Beans Rice Garden Salad Fruit Milk	<b>October 4</b> <u>Cheese or Pepperoni Pizza</u> <u>Chef Salad</u> Vegetable Choice Gold Rush Juice Fruit Cocktail Fruit Milk
<b>October 7</b> <u>Popcorn Chicken</u> <u>Mini Corn Dog</u> <u>Chef Salad</u> Broccoli Peas Strawberry Cup 4 oz. Grape Juice Milk	<b>October 8</b> <u>Salisbury Steak w/ Gravy</u> <u>Chicken Fillet</u> <u>Chef Salad</u> Turnip Greens Mashed Potatoes Mixed Berry Cup Banana Milk	<b>October 9</b> <u>Lasagna Rolls</u> <u>Pizza Sticks</u> <u>Chef Salad</u> Green Beans Garden Salad Applesauce 4 oz. Orange/Pineapple Juice Milk	<b>October 10</b> <u>Deli Sub</u> <u>Walking Taco</u> <u>Chef Salad</u> Rice Pinto Beans Salsa Corn Garden Salad Apple Peach Cup Milk	<b>October 11</b> <u>Cheese or Pepperoni Pizza</u> <u>Chef Salad</u> Gold Rush Juice Vegetable Choice Fruit Fruit Cocktail Milk
<b>October 14</b> <u>Tangerine Chicken</u> <u>Beef Meatballs</u> <u>Chef Salad</u> Broccoli Peas Strawberry Cup 4 oz. Grape Juice Milk	<b>October 15</b> <u>Chicken Chunks</u> <u>Cheeseburger</u> <u>Chef Salad</u> Turnip greens Mashed Potatoes Mixed Berry Cup Banana Milk	<b>October 16</b> <u>Calzone w/ Marinara Sauce</u> <u>Baked Spaghetti</u> <u>Chef Salad</u> Green Beans Applesauce 4 oz. Orange/Pineapple Juice Milk	<b>October 17</b> <u>Deli Sub</u> <u>Beef Fiestada</u> <u>Chef Salad</u> Rice Pinto Beans Salsa Garden Salad Apple Peach Cup Milk	<b>October 18</b> <u>Cheese or Pepperoni Pizza</u> <u>Chef Salad</u> Gold Rush Juice Vegetable Choice Fruit Fruit Cocktail Milk
<b>October 21</b> <u>Chicken Tenders</u> <u>Hot Dog</u> <u>Chef Salad</u> Broccoli Peas Strawberry Cup 4 oz. Grape Juice Milk	<b>October 22</b> <u>Teriyaki Bites</u> <u>Corn Dog</u> <u>Chef Salad</u> Turnip greens Mashed Potatoes Mixed Berry Cup Banana Milk	<b>October 23</b> <u>Lasagna Rolls w/ Grain Bun</u> <u>Cheese Bites</u> <u>Chef Salad</u> Green Beans Applesauce 4 oz. Orange Juice Milk	<b>October 24</b> <u>Chicken Fajita w/ Wraps</u> <u>Beef Fiestada</u> <u>Chef Salad</u> Corn Pinto Beans Salsa Garden Salad Fruit Choice Milk	<b>October 25</b> <u>Cheese or Pepperoni Pizza</u> <u>Chef Salad</u> Gold Rush Juice Vegetable Choice Fruit Fruit Cocktail Milk
<b>October 28</b> <p style="text-align: center;"><b><u>NO SCHOOL</u></b></p>	<b>October 29</b> <u>Salisbury Steak</u> <u>Chicken Fillet</u> <u>Chef Salad</u> Turnip Greens Mashed Potatoes Mixed Berry Cup Banana Milk	<b>October 30</b> <u>Baked Spaghetti w/ Grain Bun</u> <u>Pizza Sticks</u> <u>Chef Salad</u> Green Beans Garden Salad Marinara Sauce Fruit Milk	<b>October 31</b> <u>Deli Sub</u> <u>Rotisserie Chicken Wrap</u> <u>Chef Salad</u> Corn Pinto Beans Rice Garden Salad Fruit Milk	