

Families Making the Connection

Lunch, Liberty and the Pursuit of Happiness

Spacious skies, amber waves of grain and purple mountain majesties...sweet potatoes, barley and purple muscadines—there is a lot to love about the USA and North Carolina! From Maine to Montana, Washington, D.C. to Washington State, and North Carolina to Nebraska, schools will celebrate National School Lunch Week (NSLW) October 14-18, 2019.

In each part of the United States, you will find much loved food, ingredients and flavors. The 2013 NSLW theme, “School Lunch Across the USA,” allows students to take a virtual tour of the USA through their taste buds.

Students can cook up favorites from their city, county, state or region. And experiment with food and recipes from other parts of the country. Teachers can tie in lessons about history and culture. In our state, classes can highlight North Carolina history, culture and foods from Murphy to Manteo. Families can join in the fun by reading school menus together and trying new foods and recipes at home. We can all enjoy every corner of the country in our very own cafeterias, classrooms and kitchens.

Find NSLW info at www.schoolnutrition.org. Explore and enjoy!

Menus for September 2019

Sallie B. Howard School

Monday, Sept 2	Tuesday, Sept 3	Wednesday, Sept 4	Thursday, Sept 5	Friday, Sept 6
Labor Day Holiday!	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Chicken Patty on Bun Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk	Pastry, eggs, fruit Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk		
Monday, Sept 9	Tuesday, Sept 10	Wednesday, Sept 11	Thursday, Sept 12	Friday, Sept 13
Cereal, pop tart, Fruit, Juice, Milk Mac & Cheese w/ Teriyaki Chicken wings General TSO Chicken w/ Rice Steamed Cabbage Honey Glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk	Sausage Biscuit, Fruit, Juice, Milk Tuna Fish Sandwich w/ chips Grilled Chicken Salad w/chips Baby Carrots Corn on the Cob Fruit Salad, Fresh Fruit 1% or Skim Chilled	Cinnamon glazed French toast eggs, fruit, Juice, Milk Chicken Hard Taco w/ cheese Beef Hard Taco w/cheese Tossed Salad, Pinto Beans Applesauce, Churros Fresh Fruit, 1 % or Skim Chilled	Egg and Cheese Biscuit, fruit, juice, milk Cheeseburger on Bun Turkey Hotdog w/Beef Chili Corn on Cob Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk	Cherry Strudel, Eggs, Fruit, Juice, Milk Breaded Ravioli Chicken Salad w/Crackers Golden corn Spinach Chilled Pears Fresh Fruit 1% or Skim Chilled Milk
Monday, Sept 16	Tuesday, Sept 17	Wednesday, Sept 18	Thursday, Sept 19	Friday, Sept 20
Oatmeal/Apple Strudel, Fruit, Juice, Milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Chilled	Cinnamon Roll, Turkey Sausage, Fruit, Juice, Milk Turkey ham and Cheese Sandwich on Hawaiian Bun Buffalo Chicken Salad Sweet Potatoes Green Beans Fruit Salad, Fresh Fruit, 1% or Skim Chilled Milk	Fruit Muffin, Eggs Fruit, Juice, Milk Spaghetti w/ Sauce/ Cornbread muffin Buffalo Chicken Wings w/ celery and dressing Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Breakfast Bagel, Fruit, Juice, Milk Chicken Nuggets w/ Rice PB and Jelly Sandwich Mozzarella cheese stick Sweet Potatoes Green Beans Fruit Salad, Fresh Fruit, 1% or Skim Chilled Milk	Cereal, pop tart, Fruit, Juice, Milk Calzone w/Marinara sauce Steak and Cheese Hoagie Tossed Salad Golden Corn Fruit Salad Fresh Fruit 1% or Skim Chilled milk
Monday, Sept 23	Tuesday, Sept 24	Wednesday, Sept 25	Thursday, Sept 26	Friday, Sept 27
Hot Cereal, Turkey Sausage, fruit Juice, Milk Turkey and Cheese Hoagie Breaded Mozzarella Sticks Seasoned Curly Fries Turnip greens Chilled Pears Fresh Fruit, 1% or Skim Chilled Milk	Breakfast Pizza, Fruit, Juice, Milk Meat Lasagna w/ garlic breadstick Chicken Soft Taco, Sp.Rice Pinto Beans Steamed Broccoli Chilled Peaches Fresh Fruit, 1 % or Skim Chilled Milk	Cereal, pop tart, Fruit, Juice, Milk Turkey Corndog Baby Carrots Fruit 1% or Skim Chilled Milk Early Release day!	Turkey Pancake Sausage dog, Fruit, Juice, Milk Chicken Patty on Bun Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk	Bagel, Eggs, yogurt, Fruit, Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk
Monday, Sept 30				
Fall Break!				