

Lunch Menu May 2022

Food Bytes

Crunch into N.C. Fruits & Veggies

It's Fruits & Veggies—More Matters™ Month—a great time to enjoy all the fruits and veggies grown in our state. Through the N.C. Farm to School Program schools can buy apples, blueberries, broccoli, sweet potatoes, tomatoes and more to serve in school meals. Sign up now to participate in the N.C. Crunch next month, when students across the state will crunch into locally grown produce to celebrate Farm to School Month.

Nutrilink: For N.C. Crunch and farm to school info and celebration ideas, check out www.farmtoschoolcoalitionnc.org.

Do You Walk to School?

Kids all over the world will walk, bike or roll in a wheel chair to school on Walk to School Day. Plan an event for your school. Here are some tips to help:

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Monday, May 30th	Tuesday, May 31st	Wednesday, June 1st	Thursday, June 2nd.	Friday, June 3rd
Memorial Day	No School	Turkey and Cheese Sandwich or Southwest Salad with Chicken & Crackers Seasoned Green Beans Cauliflower and Cheese Sauce Tropical Fruit 1% White or Flavored Milk	Hot Dog on a Bun or Turkey & Cheese Sandwich Potato Smiles Baked Beans Cinnamon Apples 1% White or Flavored Milk	No School
Monday, June 6th	Tuesday, June 7th	Wednesday, June 8th	Thursday, June 9th	Friday, June 10th
Cheeseburger on a bun or Caesar Chicken Salad with Crouton Baked French Fries Baby Carrots with Dressing Pineapple Tidbits 1% White or Flavored Milk	Sloppy Joe on a Bun or Turkey Club Sandwich Seasoned Spinach Golden Corn Chilled Pears 1% White or Flavored Milk	Beef Nachos or Southwest Salad with Chicken & Crackers Baby Carrots with Ranch Pinto Beans Chilled Pineapple 1% White or Flavored Milk	Meatball Sub or Turkey & Cheese Sandwich Garden Side Salad Seasoned Broccoli Peach Quick Crisp 1% White or Flavored Milk	No School
Monday, June 13th.	Tuesday, June 14th	Wednesday, June 15th	Thursday, June 16th	Friday, June 17th
Chicken Patty Sandwich or Chicken Caesar Salad Club Crackers Baby Carrots with Dressing Mixed Vegetables Chilled Pears 1% White or Flavored Milk	BBQ Chicken Legs or Turkey Club Sandwich Mashed Potatoes Steamed Broccoli Cherry Crisp 1% White or Flavored Milk	Macaroni & Cheese and Roll or Southwest Salad with Chicken & Crackers Seasoned Peas and Carrots Seasoned Turnip Greens Fresh Apple 1% White or Flavored Milk	Corn Dog or Turkey & Cheese Sandwich Fiesta Brown Rice Black Beans and Corn Applesauce 1% White or Flavored Milk	No School
Monday, June 20th	Tuesday, June 21st	Wednesday, June 22nd	Thursday, June 23rd	Friday, June 24th
Orange Chicken or Chicken Caesar Salad Club Crackers Brown Rice Seasoned Broccoli Applesauce 1% White or Flavored Milk	Cheeseburger on a bun Turkey Club Sandwich Baked French Fries Baby Carrots with Dressing Pineapple Tidbits 1% White or Flavored Milk	Baked Beefaroni With Cheese or Southwest Salad with Chicken Dinner Roll Romaine Garden Salad with Tomatoes Normandy Blend Veggies Cherry Quick Crisp 1% White or Flavored Milk	Beef Nachos or Turkey & Cheese Sandwich Baby Carrots with Dressing Mexican Pinto Beans Fresh Apple 1% White or Flavored Milk	No School
Monday, June 27	Tuesday, June 28	Wednesday, June 29	Thursday, June 30	Friday, June 3rd
Chicken Tenders or Southwest Salad with Chicken & Crackers Baby Carrots with Ranch Steamed Corn Chilled Pineapple 1% White or Flavored Milk	Hot Dog on a Bun or Turkey & Cheese Sandwich Potato Salad Baked Beans Peach Quick Crisp 1% White or Flavored Milk	Pepperoni Pizza or Chef Salad & Dinner Roll Garden Salad with Dressing Seasoned Green Beans Fresh Orange Wedges 1% White or Flavored Milk	No School	No School

May

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/19 <http://childnutrition.ncpublicschools.gov>