




October 2018

**Baconton Community
Charter School**



National School Lunch Week October 15-17, 2018

Created by President John F. Kennedy in 1962, National School Lunch Week (NSLW) is a weeklong celebration of the school lunch program.





The NSLW 2018 theme, is  School nutrition programs play a critical role in ensuring all students, regardless of income level, receive nutritious lunches which follow strict federal nutrition standards. Every school lunch features servings of fruits and vegetables, whole-grains, lean protein, and low-fat dairy.

NSLP was signed into law in 1946 (Richard B. Russell Act), and is the largest of the federal child nutrition programs. **30 million students** are served healthy lunches **every school day**—that's 5 billion meals annually!

NSLW is the perfect time to celebrate all of the healthy options served every day in the Mitchell County Schools.



*First Baptist Church,
October 25, at 5:30pm*

MON	TUE	WED	THU	FRI
1 Steak Nuggets w/roll Philly Steak/Cheese Sweet potato fries Green Beans Fresh Fruit	2 Hamburger/WG Bun Baked chicken w/cornbread Romaine/Tomato slice Creamed Potatoes Turnips/Mustard Fresh Fruit	3 Hot Ham/Cheese Sand. Beefy Mac w/roll English Peas Romaine Salad Steamed Carrots Fruit	4 Pizza Turkey Salad w/ romaine/sliced tomato Romaine Salad WK Corn Fresh Fruit	5 Hot Dog Chili w/saltines Baked Beans Cole Slaw Fresh Fruit SS Sugar Cookie
8 Chicken Tenders w/cornbread Steamed cabbage Steamed carrots Fresh Fruit	9 Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	10 Chicken Sandwich Tacos w/chips/cheese Romaine/tomato Refried Beans Green Beans Fresh Fruit	11 Fish Nuggets w/hushpuppies BBQ on Bun Grits Cole Slaw Baked Beans Fresh Fruit	12 Pizza Chicken Fajita/tortilla WK Corn Romaine Salad w/diced tomatoes Fresh Fruit SS Choc Chip Cookie
15 	16 	17 Hamburger Roast w/ roll/rice/gravy Italian Green Beans Romaine Salad w/grape tomatoes Fruit	18 Chicken Sandwich Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fruit	19 Pizza Fish Sandwich WK Corn Romaine w/grape tomatoes Fruit SS Candy M&M Cookie
National School Lunch Week				
22 Steak Nuggets w/roll Cheese Quesadilla w/salsa Sweet Potato Fries Green Beans Fresh Fruit	23 Hamburger/WG Bun Baked chicken w/cornbread Romaine/Tomato slice Creamed Potatoes Turnips/Mustard Fresh Fruit	24 Hot Ham/Cheese Sand. Beefy Mac w/roll English Peas Romaine Salad Steamed Carrots Fresh Fruit	25 Pizza Turkey Salad Romaine/sliced tomato/pickle spear Romaine Salad WK Corn Fresh Fruit	26 Hot Dog Chili w/saltines Baked Beans Cole Slaw Fresh Fruit SS Birthday Cake Cookie
29 Chicken Tenders w/cornbread Steamed cabbage Steamed carrots Fresh Fruit	30 Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	31 Chicken Sandwich Tacos w/chips/cheese Romaine/tomato Refried Beans Green Beans Fresh Fruit	 Milk choices available daily. All bread GA grown Chef Salad served daily.	 BLAZERS All menus are subject to change.

This institution is an equal opportunity provider.