



# October 2018

**BCCS PreK**



## 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 Sweet potato fries Green Beans Fresh Fruit	2 Hamburger/WG Bun Romaine/Tomato slice Creamed Potatoes Fresh Fruit	3 Hot Ham/Cheese Sand. English Peas Romaine Salad Fruit	4 Pizza Romaine Salad WK Corn Fresh Fruit	5 Hot Dog 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 Rice Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	10 Chicken Sandwich Romaine/tomato Green Beans Fresh Fruit	11 BBQ on Bun Cole Slaw Baked Beans Fresh Fruit	12 Chicken Fajita/tortilla WK Corn Romaine Salad w/diced tomatoes Fresh Fruit SS Choc Chip Cookie
15 	16 	17 Hamburger Italian Green Beans Romaine Salad w/grape tomatoes Fruit 	18 Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fruit	19 Fish Sandwich Steamed Carrots Romaine w/grape tomatoes Fruit SS Candy M&M Cookie
<b>National School Lunch Week</b>				
22 Cheese Quesadilla w/salsa Sweet Potato Fries Green Beans Fresh Fruit	23 Baked chicken w/cornbread Creamed Potatoes Turnips/Mustard Fresh Fruit	24 Beefy Mac w/roll Romaine Salad Steamed Carrots Fresh Fruit	25 Turkey Salad Romaine/sliced tomato/pickle spear WK Corn Fresh Fruit 	26 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 Hamburger Steak Rice/gravy Baby Carrots w/ranch Squash/onions Fresh Fruit	31 Tacos w/chips/cheese Romaine/tomato Refried beans Fresh Fruit	 <b>Milk choices available daily.</b>  All bread GA grown  Chef Salad served daily.	 <b>BLAZERS</b>  All menus are subject to change.

This institution is an equal opportunity provider.