

CELEBRATE NATIONAL SCHOOL LUNCH WEEK

#NSLW #LevelUpwithSchoolLunch



Bethel Hill Charter School Breakfast Menus for October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 3 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 4 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 5 No School	October 6 No School
October 9 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 10 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 11 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 12 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 13 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
October 16 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 17 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 18 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 19 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 20 Remote Learning Day
October 23 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 24 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 25 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 26 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 27 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
October 30 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	October 31 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk			

Families Making the Connection

Level Up with School Lunch

Did you know October 9-13 is National School Lunch Week? The #NSLW2023 theme is “Level Up with School Lunch”. Students can level up their game 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 2023 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2023 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.

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Bethel Hill Charter School Lunch Menus for October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Chicken Sandwich or Baked Potato with Roll Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	October 3 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	October 4 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	October 5 No School	October 6 No School
October 9 Chicken Nugget with Roll or Ham & Cheese Sub Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	October 10 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	October 11 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	October 12 Vegetable Soup With Grilled Cheese or Peanut Butter Carrot and Fresh Fruit Chocolate Chip Cookies Lowfat or Fat Free Milk	October 13 Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
October 16 Chicken Sandwich or Ham & Cheese Sub Sweet Peas Tossed Salad Peaches Lowfat or Fat Free Milk	October 17 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	October 18 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat Free Milk	October 19 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	October 20 Remote Learning Day
October 23 Chicken Nuggets with Roll or Ham & Cheese Sub Sweet Peas / French Fries Tossed Salad Peaches Lowfat or Fat Free Milk	October 24 Taco Salad or Chicken Fajita Black-eyed Peas Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	October 25 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat Free Milk	October 26 Vegetable Soup with Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots and Fresh Fruit Lowfat or Fat Free Milk	October 27 Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
October 30 Chicken Sandwich or Ham & Cheese Sub Sweet Peas / French Fries Tossed Salad Peaches Lowfat or Fat Free Milk	October 31 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk			

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