



Families Making the Connection

Crunch into N.C. Fruits and Veggies

It's Fruits & Veggies—More Matters™ Month. Through the N.C. Farm to School Program from the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more grown on North Carolina farms to serve through school meals. Make plans now to celebrate Farm to School Month with the N.C. Crunch next month. Kids and adults will be crunching into locally grown apples. For farm to school celebration ideas, visit www.ncfarmtoschool.com.

Walk to School!

The 2018 Walk to School Day is October 10. As students are in back to school mode, it's a great time to think about planning such an event for the school community.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
 - Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. 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.
- Visit www.walkbiketoschool.org for more info.

September

- Fruit & Veggies—More Matters™ Month

Menus for September 2018

Hope Charter Leadership Academy

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<http://childnutrition.ncpublicschools.gov>

Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
No School	Pancakes w/ Syrup OR Lucky Charms OR Pineapple OR Mandarin Orange	French Toast OR Cocoa Puffs OR Fruit Cocktail OR Pears	Pancakes w/ Syrup OR Cinnamon Toast Crunch OR Fruit Cocktail	Lucky Charms OR Strawberry Muffin OR Peaches OR Mandarin Oranges
Labor Day Holiday	Baked Ham OR Mini Corn Dogs OR Cabbage OR Pinto Beans OR Wheat Roll OR Mandarin Orange OR Pineapple	Pepperoni Pizza OR BBQ Chicken OR Candied Sweet Potatoes OR Italian Green Beans OR Wheat Roll OR Pears OR Apple	Taco w/Lettuce, Cheese OR Hot Dog OR Broccoli OR Lima Beans OR Brown Rice OR Fruit Cocktail OR Peaches	Ham & Cheese Sandwich OR Celerly Sticks w/ Ranch & Peaches OR Turkey w/Cheese Sandwich OR Carrots & Mandarin Oranges
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
French Toast OR Lucky Charms OR Mandarin Oranges OR Pineapple	Pancakes w/ Syrup OR Cocoa Puffs OR Fruit Cocktail OR Apple	French Toast, Oatmeal OR Cinnamon Toast Crunch OR Peaches OR Pears	Pancakes w/ Syrup OR Lucky Charms OR Pineapple OR Mandarin Orange	Blueberry Wheat Muffin OR Cocoa Puffs OR Fruit Cocktail OR Pears
BBQ Pork Riblet OR Grilled Chicken OR Glazed Carrots OR Green Beans OR Wheat Roll OR Brown Rice OR Pineapple OR Fruit Cocktail	Baked Spaghetti OR Teriyaki Chicken OR Pinto Beans OR Corn OR Brown Rice OR Wheat Roll OR Apple OR Peaches	Pepperoni Pizza OR Baked Chicken Leg OR Candied Sweet Potatoes OR Broccoli OR Brown Rice OR Wheat Roll OR Pears OR Mandarin Oranges	Mini Corn Dogs OR Taco w/Lettuce, Cheese OR Pinto Beans OR Cabbage OR Broccoli OR Brown Rice OR Pineapple OR Fruit Cocktail	Chicken Salad Wrap (WW) OR Carrot Sticks & Pears OR Roast Beef Wrap (WW) OR Cucumber Chips w/ Ranch OR Peaches OR Wheat Roll
Monday, September 17	Tuesday, September 18	Wednesday, September 19	Thursday, September 20	Friday, September 21
Pancakes w/ Syrup OR Cinnamon Toast Crunch OR Pineapple OR Peaches	French Toast OR Lucky Charms OR Apple OR Mandarin Orange	Pancakes w/ Syrup OR Cocoa Puffs OR Pears OR Mandarin Orange	French Toast, Oatmeal OR Cinnamon Toast Crunch OR Fruit Cocktail OR Whole Orange	No School Teacher Workday
Hot Dog OR BBQ Chicken OR Green Peas OR Brown Rice OR Wheat Roll OR Pineapple OR Apple	Beef Pattie OR Baked Chicken Leg OR Green Beans OR Candied Sweet Potatoes OR Wheat Roll OR Brown Rice OR Mandarin Orange OR Pears	Taco w/Lettuce, Cheese OR Grilled Chicken OR Broccoli OR Pinto Beans OR Wheat Roll OR Brown Rice OR Pineapple OR Fruit Cocktail	Mini Corn Dogs OR Baked Ham OR Glazed Carrots OR Wheat Roll OR Whole Orange OR Pears	
Monday, September 24	Tuesday, September 25	Wednesday, September 26	Thursday, September 27	Friday, September 28
French Toast OR Lucky Charms OR Peaches OR Peaches	Pancakes w/ Syrup OR Cocoa Puffs OR Pineapple OR Fruit Cocktail	French Toast, Oatmeal OR Cinnamon Toast Crunch OR Mandarin Orange OR Pears	Pancakes w/ Syrup OR Lucky Charms OR Peaches OR Pineapple	Cocoa Puffs OR Blueberry Wheat Muffin OR Mandarin Orange OR Fruit Cocktail
Pepperoni Pizza OR Baked Chicken OR Cabbage OR Pinto Beans OR Brown Rice OR Wheat Roll OR Peaches OR Pineapple	Baked Spaghetti OR Grilled Chicken OR Glazed Carrots OR Italian Green Beans OR Brown Rice OR Wheat Roll OR Mandarin Orange OR Fruit Cocktail	Mini Corn Dogs OR BBQ Pork Riblet OR Corn OR Wheat Roll OR Pears OR Peaches	Teriyaki Chicken OR Hot Dog OR Pinto Beans OR Candied Sweet Potatoes OR Brown Rice OR Mandarin Orange OR Pineapple	Chicken Salad Wrap (WW) OR Carrot Sticks & Fruit Cocktail OR Roast Beef Wrap (WW) OR Cucumber Chips w/Ranch OR Apple



North Carolina
Crunch



White & Chocolate Milk served Daily for Lunch and Breakfast

Developed by School Nutrition Services, N.C. Department of Public Instruction.

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No discrimination regulations.gov

Sources: www.ncfarmtoschool.com, www.walkbiketoschool.org