

# GLOW Academy September 2022

## Lunch Menu

### Nutrition Byte

#### Taste & Learn about Local Produce

North Carolina is fortunate to have a bounty of agricultural products. "Goodness Grows in North Carolina"! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools and early care and education sites across the state.

For Fruits & Veggies—More Matters™ Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips, activities and resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch2022. **Nutrilink:** <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our kids and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #NCFarmtoSchoolHeroes across the state!



				Thursday, September 1	Friday, September 2
				Chicken Parmesan with Pasta Dinner Roll Turkey Chef Salad Mixed Veggies Tossed Salad Fruit Cocktail Choice of Milk	Chicken Nuggets Dinner Roll Grilled Chicken Salad Tater Tots Green Peas Pears Choice of Milk
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9	
Holiday	Nachos Grilled Chicken Salad Salsa Corn Pinto Beans Pineapple Choice of Milk	Salisbury Steak Dinner Roll Cobb Salad Baby Carrots Mashed Potatoes Applesauce Choice of Milk	Hot Dog on Bun Ham Chef Salad Baked Beans Coleslaw Pears Choice of Milk	Pizza Chicken Caesar Salad Tossed Salad Sweet Potato Fries Mandarin Oranges Choice of Milk	
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16	
Spaghetti Dinner Roll Turkey Chef Salad Green Beans Tossed Salad Peaches Choice of Milk	Cheeseburger on Bun Grilled Chicken Salad Corn French Fries Lettuce & Tomato Grapes Choice of Milk	Chicken Fillet Sandwich Cobb Salad Sweet Potato Fries Mixed Veggies Fruit Cocktail Choice of Milk	Chicken Fajita Cheesesteak Ham Chef Salad Grilled Peppers & Onions Carrots Green Peas Pineapple Choice of Milk	Corn Dog Nuggets Chicken Caesar Salad Baked Beans Broccoli Applesauce Choice of Milk	
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23	
Meatball Hoagie Turkey Chef Salad Green Beans Glazed Carrots Peaches Choice of Milk	Roasted Chicken Dinner Roll Grilled Chicken Salad Mashed Potatoes Lima Beans Pears Choice of Milk	Beefaroni Dinner Roll Cobb Salad Corn Tossed Salad Mixed Fruit Choice of Milk	Chicken Nuggets Dinner Roll Ham Chef Salad Tater Tots Green Peas Applesauce Choice of Milk	Pizza Chicken Caesar Salad Sweet Potatoes Collards Pineapple Choice of Milk	
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30	
Baked Chicken Rice & Gravy Dinner Roll Turkey Chef Salad Green Beans Sweet Potatoes Peaches Choice of Milk	Taco Salad Grilled Chicken Salad Salsa Pinto Beans Corn Pineapple Choice of Milk	Pizza Cobb Salad Tater Tots Broccoli Mandarin Oranges Choice of Milk	Chicken Parmesan with Pasta Dinner Roll Ham Chef Salad Mixed Veggies Tossed Salad Fruit Cocktail Choice of Milk	Chicken Nuggets Dinner Roll Chicken Caesar Salad Tater Tots Green Peas Pears Choice of Milk	